OPTIMIST

Malcolm X Shabazz High School

Table of Contents

Introduction	2
Principal's Message	5
The Class of 2020	8
Student Life & School Events	46
Sports	60
Staff	78
"Operation Pull-Up" Graduation	87
Autographs	92
Year-In-Review	97

Bulldog P.R.I.D.E.

Perseverance, Resilience, Integrity,
Determination & Excellence

Malcolm X Shabazz High School
80 Johnson Avenue
Newark, NJ 07108

CLASS O

F 2020

Newark Board of Education

District Superintendent

Mr. Roger León

Principal

Mr. Naseed Gifted

Vice Principals

Mr. Paul Izzo, Ms.Yakima Johnson, and Mr. Omar Muhammad

Department Chairs

Mr. George Charlemagne, Ms. Jamillah Lawson, Mr. Jackly Nazaire, and Mr. Jean Perez

Athletic Director

Mr. Faheem Ellis

Guidance Counselors

Ms.Tanya Barbee, Ms. Lisa McMurray, and Mr. Omar Vaughn

Senior Advisors

Ms. Jennifer Bogar-Richardson and Ms. Kayla Coleman

Yearbook Advisor

Mr. Rasheed Sheffield

"When you learn, ***teach****.*
When you get, ***give****."*
- Maya Angelou

PRINCIPAL'S MESSAGE

To the Class of 2020,

WE HAVE MADE IT!

At last, you have reached an important stage in your lives. You are also the first class to graduate virtually during a national pandemic. While you must be rejoicing and screaming at the top of your lungs with joys of your accomplishment, I hate to be the one that tells you, IT'S ONLY THE BEGINNING!

The next steps are so critical and require much more energy… they require you to find "YOU." The African proverb "Know Thyself," resonates because it means to gain greater insight into the individual that makes up YOU… your values, beliefs, and what makes you tick. The noise, influence and demands of your parents and school leaders will lessen only to be replaced by an inner voice screaming, "Is this who I truly am?" That voice should push you forward on a pathway to meet challenges head on. That same inner voice led me to become an educator with thoughts to inspire the next generation of technology leaders.

A challenge I have never regretted, and the success of my students, keeps that light burning bright within me. "Be better than you were yesterday" is one of my favorite sayings. It is those incremental daily changes that makes us sharper and brighter. Make sure your potential energy (stored energy) transfers to kinetic energy (action or movement). Continue to challenge yourself.

Do not allow anything to stop you from putting your imprint on the world. The future may seem bleak, but I need you to continue to BE THE LIGHT that shines through the darkness and makes this world a better place.

Do not be afraid to work hard, fail sometimes, learn from someone else, be patient, and trust the Creator! I know you will make it, because I did! I know you are a leader because you are forever a part of the Family of Leaders: MALCOLM X SHABAZZ ALUMNI.

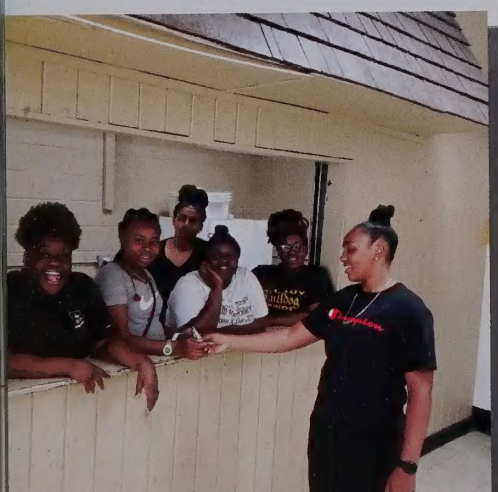
As Malcolm X Shabazz said, "The future belongs to those who prepare for it today." You are prepared to take what you deserve in life. If we have not taught you anything else, remember that YOUR LIFE MATTERS and that a successful future begins with the decision you make in the present! Make us proud! BULLDOG FOR LIFE! Continue to represent the BLACK and GOLD. I will truly miss all of you. It has been an honor to be your Principal.

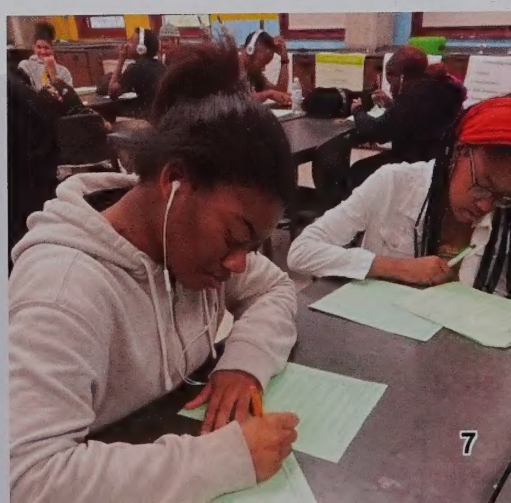
Peace and Blessings,

Principal Naseed Gifted

Jasmine
Aniya
Zeleigh
Oluwakemi
Ky-Mani
Kimberly
Nicholes
De'Shaun
Emmanuel
Quan'ye
Malik
Jayshawn
Nasheera
Bahiyyah
Ahniyah
Ny-Jamar
Sinsir
Phillip
Precious
Kyla
Natalee
Al-Jahad
Myia
Tyrese
Kaayinah
Shayonda
Cerryam
Tyonna
Koreè
Rashan
Kevin
Destiny
Fatiat
Alquay
Erica
Bryan
Zaniyah
Tanasia
Onoshope
Clautavia
Kenneth
Shaki
Antonio
Shamario
Zhane
Tymell
Devyon
Cerenity
Melvin
Kimberlee
Nydaisha
Tatiyonah
DeVonia
Oluwadarasimi
Eshanti
Iyan
Quamir
Jonte
DexJamiyyah
Braylon
Latavia
Te'Juan
Altariq
Samya
Yah-Meen
Chanea
Charles
Omatayo
Taniya
Ricky

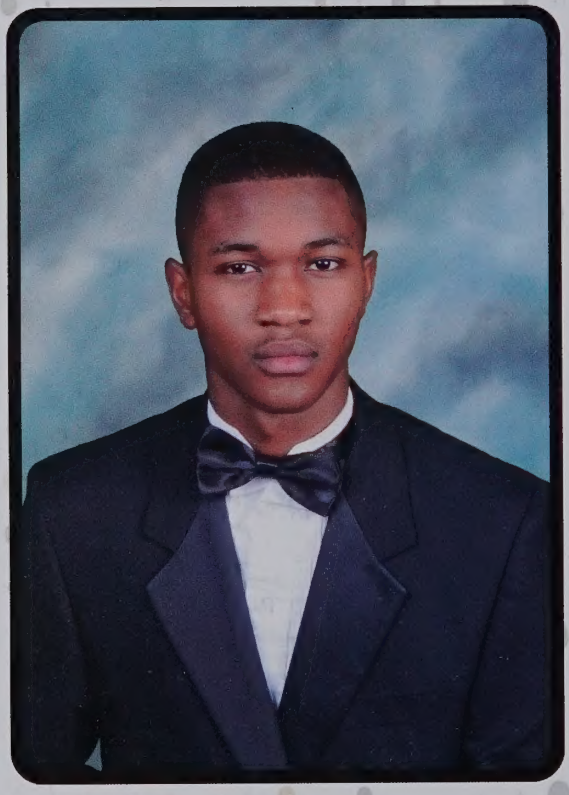
Kelly-Ann
Oyindamola
Tai'shaNa
Alizir
Najee
Karim
Ashanti
Devonte
Abdul-Samad
Supreme
Mecca
Kamari
Keily
Jerwin
Taryn
Markece
Tequan
Deshaun
Amanda
Olajumoke
Anthony
Bryan
ZaKendria
Warrisi
Jasiyah
Makiyah
Elijha
Daniel
Tyneek
Dayshawn
Yamelkis
Shontel
Oreoluwa
Zainnah
Clark
Nashawn





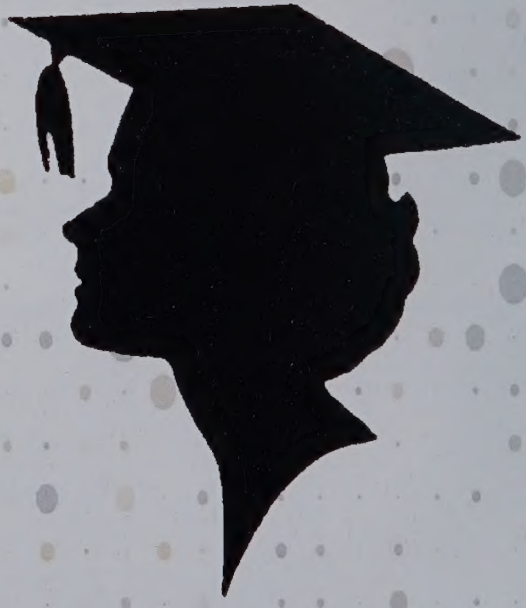
Abdul-Samad Abiola

"Life is not about how you survive the storm, it's about how you dance in the rain."



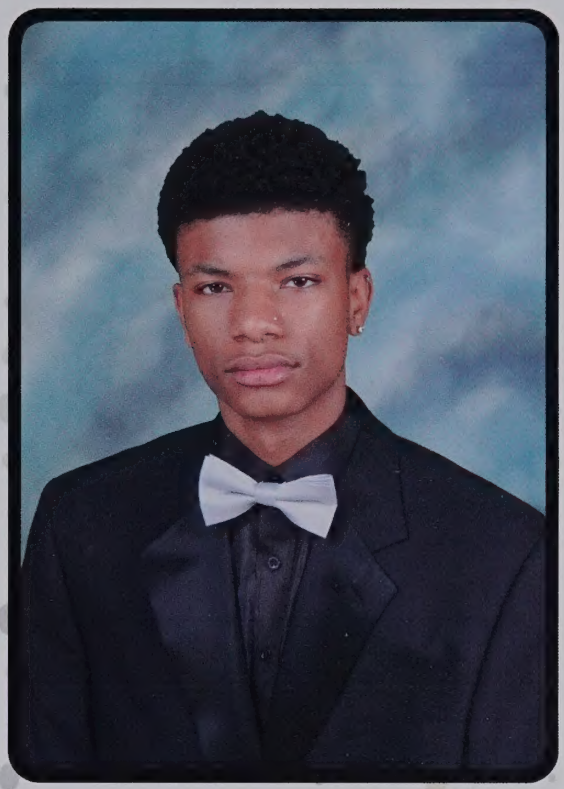
Warrisi Abiola

"I still have a dream."



Olajumoke Abubakar

"There are no goodbyes for us, you will always be in my heart."



Supreme Adams

"It was real.....not really."

Oreoluwa Adedoyin

"There are no goodbyes for us. Wherever you are, you will forever have a permanent spot in my heart."

Oyindamola Akinwande

"Graduation is an exciting time for us. It's both an ending and a beginning; it's warm memories of the past and big dreams for the future."

Karim Bartee

"Let us show the world that Malcolm X Shabazz High School produces winners."

ZaKendria Batts

"You can catch a lot of flies with honey, but you catch more honeys being fly."

Shontel Beaton

"It's an honor to be a part of Malcolm X Shabazz. I've met a lot of amazing people."

Mecca Beck

"Intelligence plus character- that is the goal of true education."
-Dr. Martin Luther King, Jr.

Dayshaun Beeks

"A wise man can play the part of a clown, but a clown can't play the part of a wise man."
- Malcolm X Shabazz

De Vonte Bent

"I had a crazy wild bizarre 4 years in high school, but this is only the beginning of my adventure towards riches and success."

Kamari Bryant

"I just came here so Anissa can stop yelling at me in the morning."

Yamelkis Burgos

"If you don't know what you're capable of that's fine. Find it out by challenging yourself."

Ashanti Bush

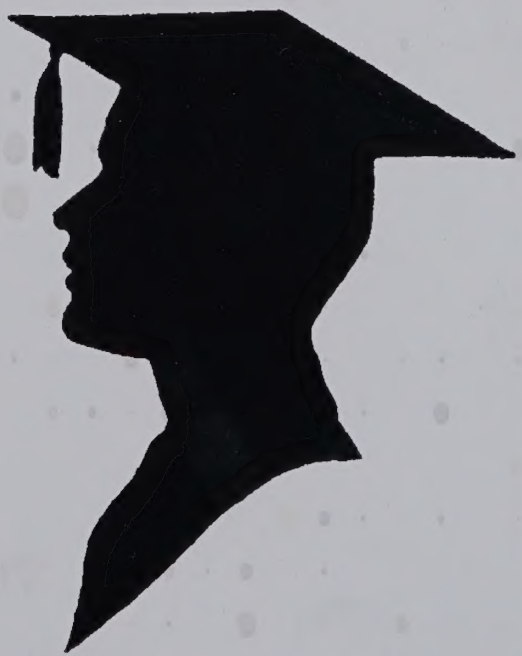
"I wish you happiness and light as you walk through a new chapter in your life."

Anthony Campbell

"A man who stands for nothing will fall for anything."
- Malcolm X Shabazz

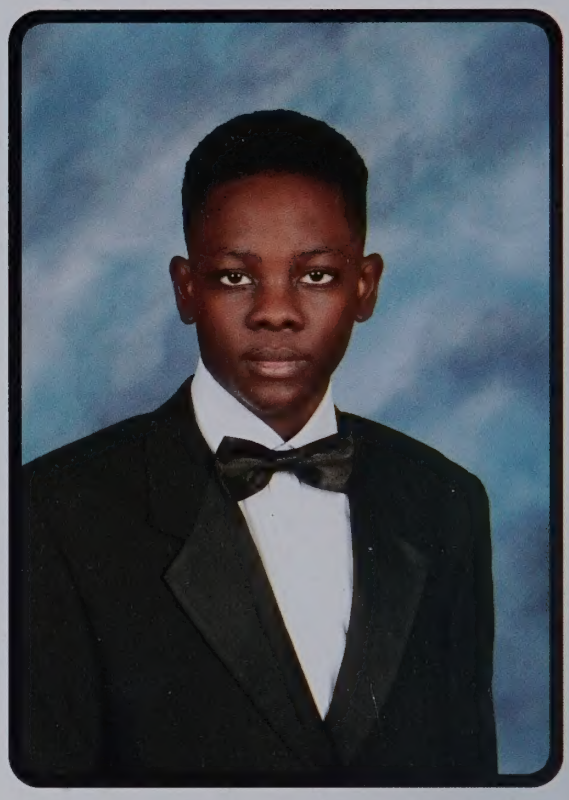
Amanda Carter

"If you push yourself hard, you will succeed to become the best of the best."



Najee Cheatham

"Strive for progress, not perfection."



Jerwin Clements

"You have to wake the people up first, then you'll get action."
- Malcolm X Shabazz

Taisha Clemons

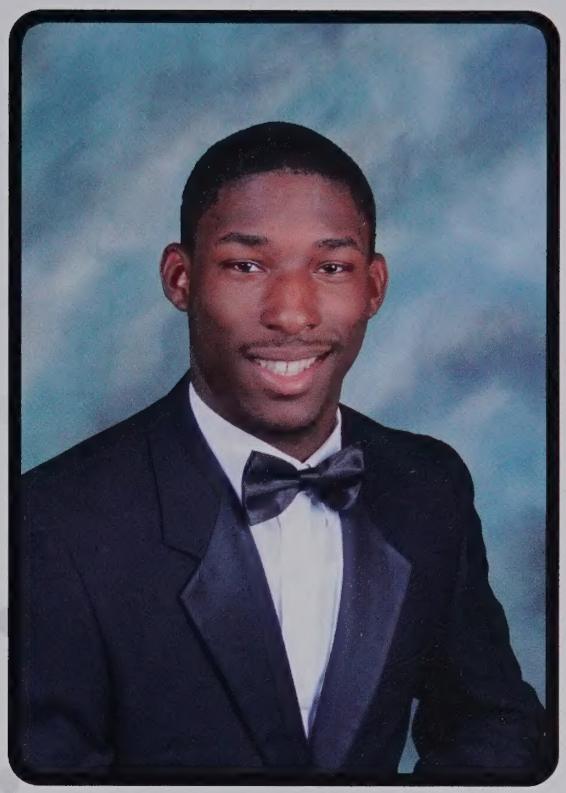
"You never know how strong you are until being strong is the only choice you have. High school is what you make it. So, with that being said... I made it."

Taryn Coleman

"Strive to be your better self."

Alzir Davis

"Stay strong, keep your head up, and never let anyone tell you that you can't."



Keily Duarte

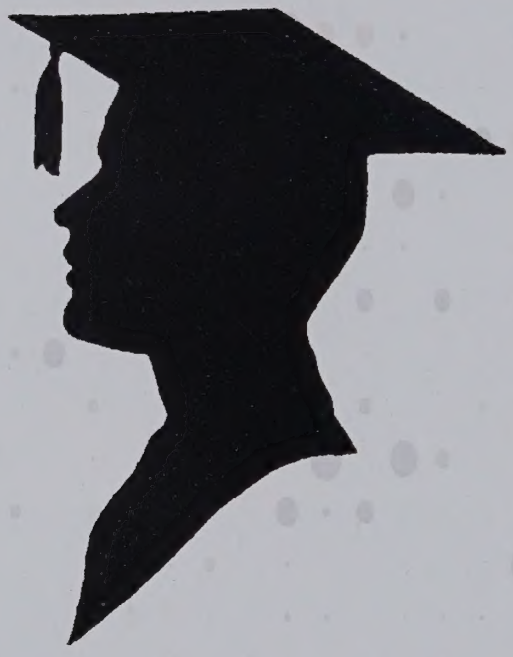
"All of our experiences fuse into our personality. Everything that ever happened to us is an ingredient."
-Malcolm X Shabazz

Tequan Edmonds

"I'm excited it's over. It's time to move on with life."

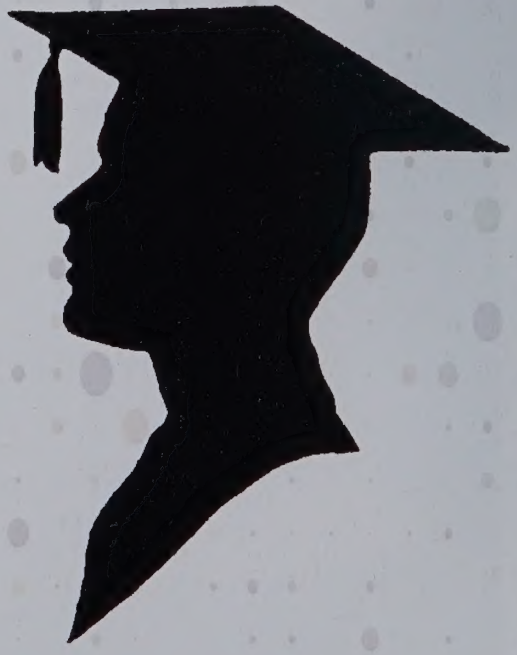
Kelly-Ann Edwards

"Without education, you're not going anywhere in this world."
- Malcolm X Shabazz



Elijha Felder

"Prioritize self happiness and not others' validation."



Jasiyah Felder

"If you don't take action to change your life, you have no right to complain."

Clark Fowler

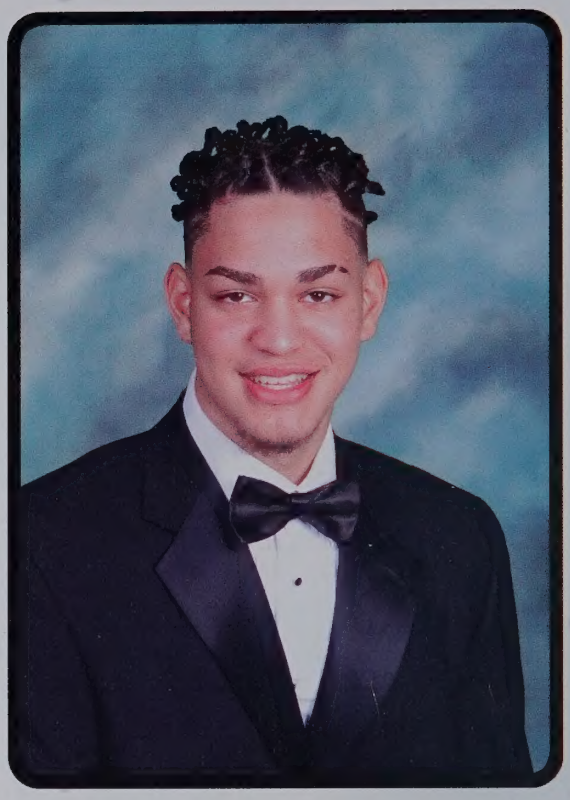
"Goodbye."

Zainnah Freeman

"I would like to thank all my teachers for pushing me & preparing me for the real world."

Daniel Geno

"Power never takes a step back except in the face of more power."
- Malcolm X Shabazz



Bryan Gomez

"Things end, but memories last forever."

Deshaun Hardy- Walker

"Part of the journey is the end."
- D-Nice

Nya Harris

"I was everyone's favorite."

Tyneek Hayes

"Read absolutely everything you get your hands on because you never know where you'll get an idea from."
- Malcolm X Shabazz

Makiyah Henry

"Truth does not change, only our awareness of it."
- Malcolm X Shabazz

Markiece Higgins

"Gotta be willing to take a thousand losses before you can win."

Nashaun Holmes

"...The fact that I'm really graduating just to go back to school."

Zaniyah Hopkins

"Be the change you want to see."

Myja Inman

"Empty your mind.
Be formless, shapeless...like water.
Now, water can flow or it can crash.
Be water, my friends."

Onoshope Itunoya-Musa

"Our memories of yesterday will last a lifetime. Someday, we will find that these are the best of times. Most importantly, I want to thank God for all the memories."

Charles Jackson

"Time is more important to me than distance."
- Malcolm X Shabazz

Yah-Meen Jackson

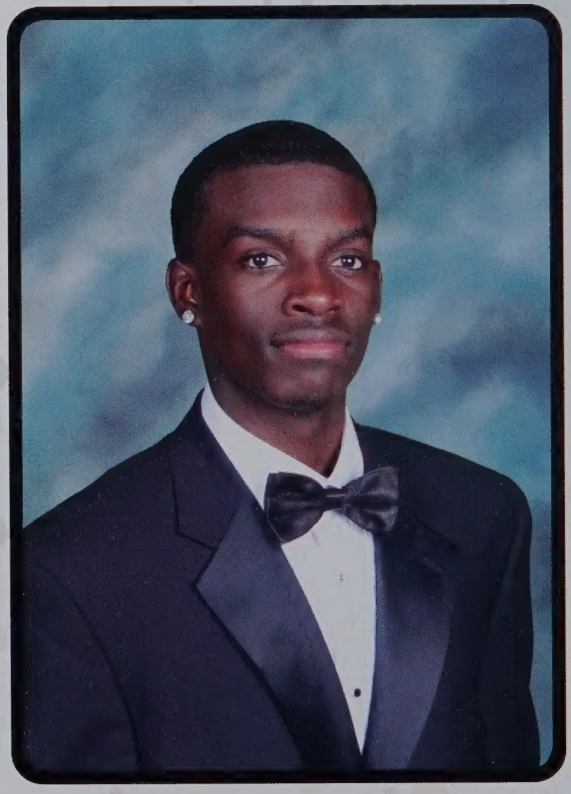
"Never think that the sky is the limit when there's footprints on the moon."

Ky-Mani Jean-Pierre

"We made it."

Cerryann Jeune

"Nothing will work unless you do."
- Maya Angelou



Brayvion Johnson

"Graduation is an exciting time. It's both an ending and a beginning. It's warm memories of the past and big dreams for the future."

Tyonna Johnson

"This journey has come to end."

Al-Jahad Jones

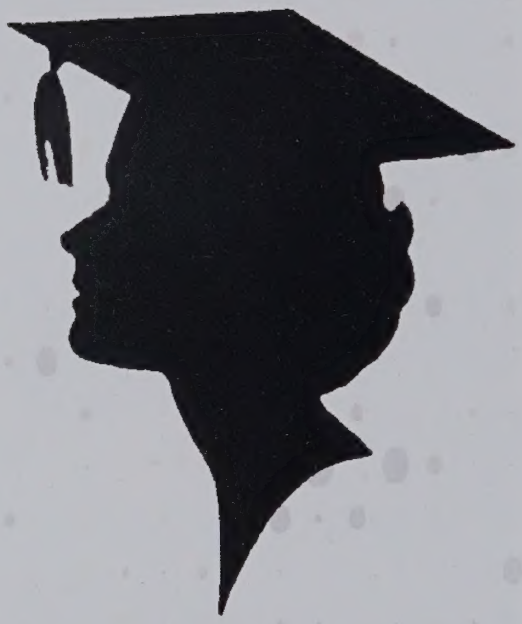
"An investment in knowledge pays the best interest."
-Benjamin Franklin

Destiny Langley

"Experience is the best education."

Ny-Jamar Lawrence

"Brain power is the best power."



Ahniyah Lebby

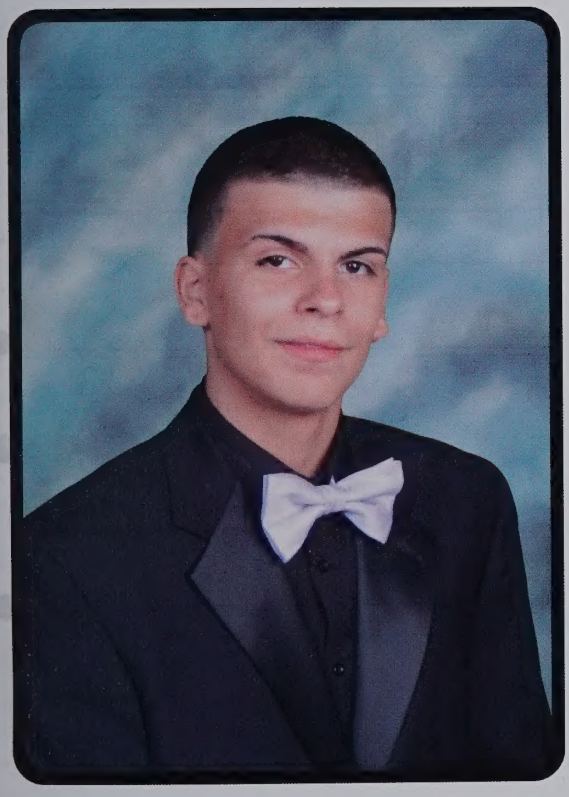
"Next chapter..."

Rashan Luciano

"Memories don't die."

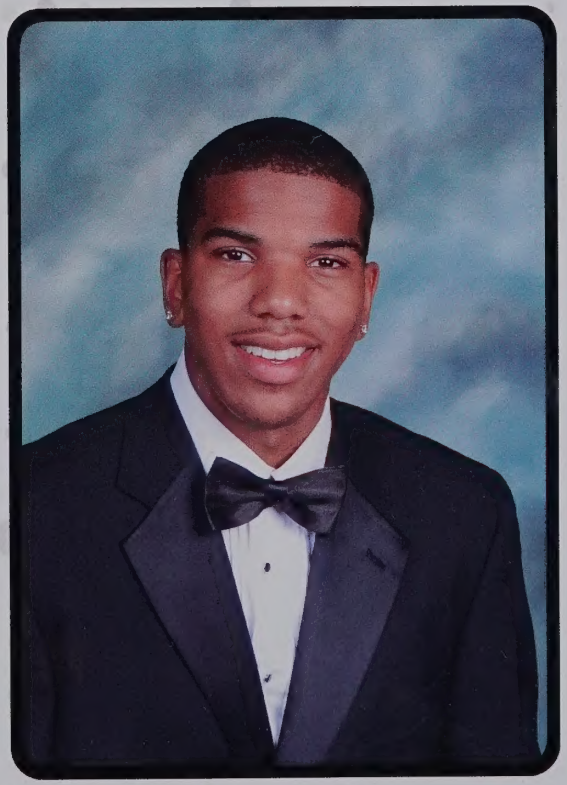
Jasmine Manning

"The beautiful thing about learning is that no one can take it away from you."



Nicholes Marin

"Change is the end result of all true learning."



Iyan Marlin-Marshall

"There's way more to life than just the hood. I'm trying to reach goals."

Kevin Martin

"Education is what survives when what has been learned has been forgotten."
-B.F. Skinner

Alquay McCain

"Goodbye, high school. Hello, college."

Samya McGee

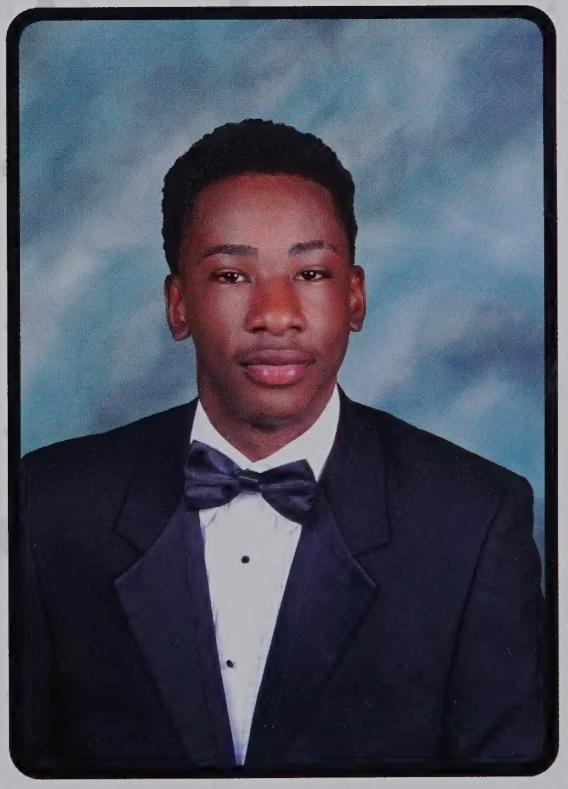
"It's been real."

Kaayinah McGuire Mattox

"If the opportunity doesn't knock, build a door."

Taniya McLaurin

"It was good while it lasted."



Ricky Meekins

"I just want to thank all the teachers and staff. I really didn't want to end the school year that early. I missed school and it's weird that I'm saying this."

Bryan Mendes

"Goodbyes don't always have to be sad."

Erica Mends

*"Don't cry because it's over.
Smile because it happened."
- Dr. Seuss*

Tanasia Middleton

"Everything in life always comes with a price."

Shayonda Miller

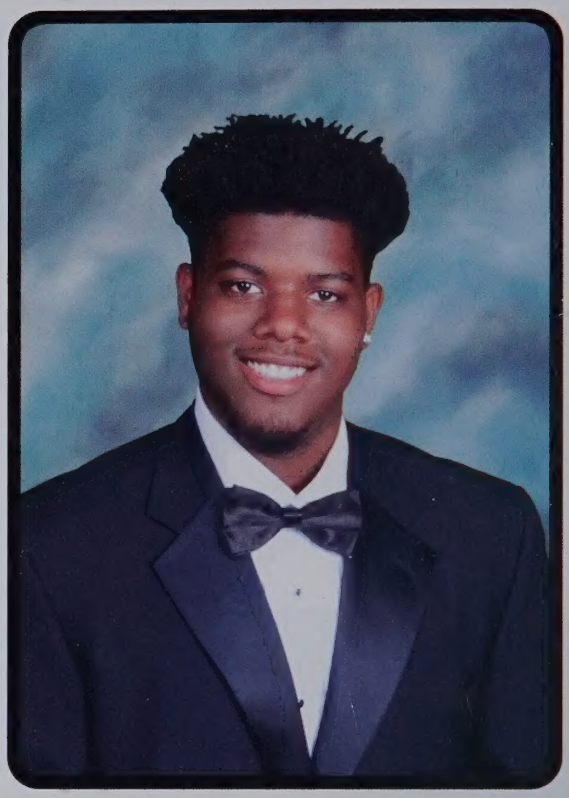
"I made it! I'm so proud of myself. I didn't only do this for myself, I did it for my mom too!"

Tyrese Mills

"I never like to say goodbye. I will always say 'See you soon,' because life goes on, so there's always going to be another 'Hi!"

Omatayo Milo

"The two hardest things to say in life are hello for the first time and goodbye for the last."



Te'Juan Mitchell

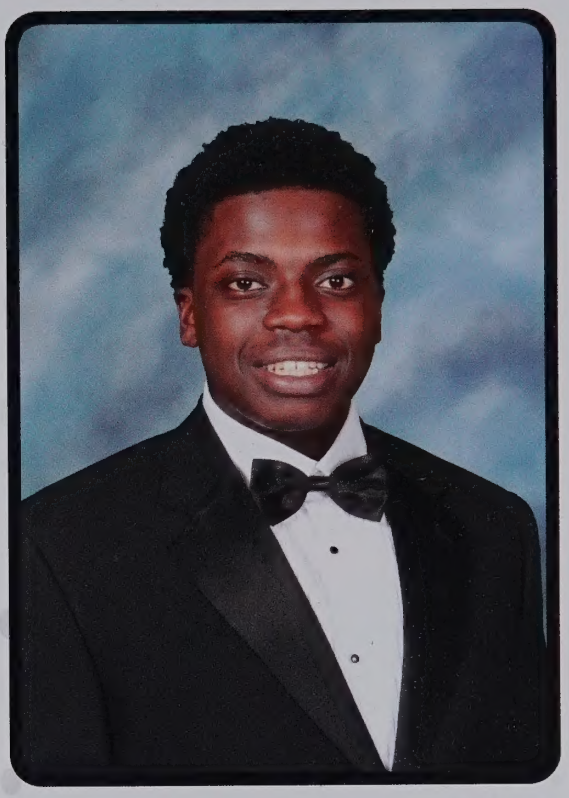
"Surround yourself with those who want to do great things."

Kimberly Morales

"I have endured pain and not bled." Always try to maintain your strength, even when you feel weak."

Latavia Mozee

"You attract what you seek, you manifest what you speak. Congratulations to us all, Class of 2020."



Altariq Nash-Bey

"I hope to elevate to something bigger. Somebody bigger."

Fatiat Obayomi

"You were born an original. Don't die a copy."

Emmanuel Ogungbemi

"They must often change, who would be constant in happiness or wisdom."
- Confucius

Oluwakemi Oke

"Thank you for supporting me, loving, and giving me an excellent education. Thank you for being my teachers, principal, and everything. Thank you."

Precious Onwuneme

"Never relent because you're a star of your own."

Tatiyonah Paige

"A good reputation can provide many opportunities."

Kimberly Palermo

"This isn't a goodbye, this is just a hello into a new chapter of our life story."

Zeleigh Parchment

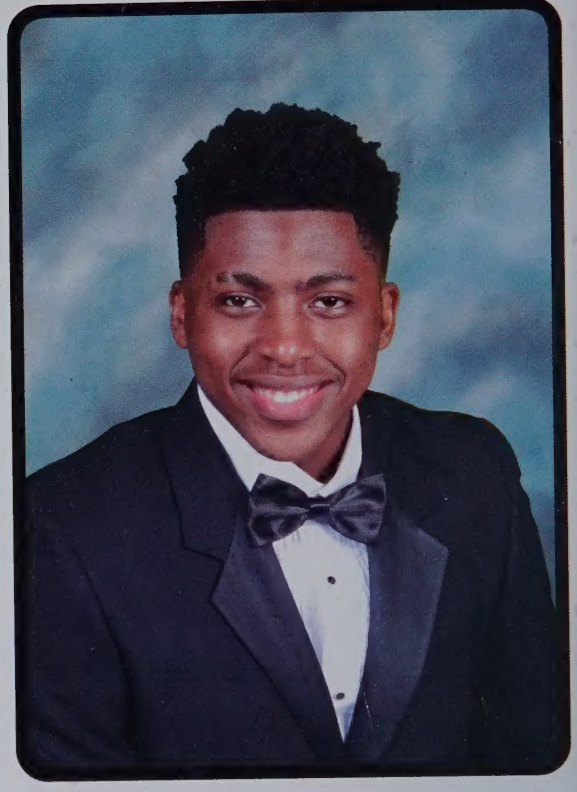
"You know you on top when only heavens right above it."
- Lil Wayne

Tymell Partlow

"The time has finally come for us to say goodbye."

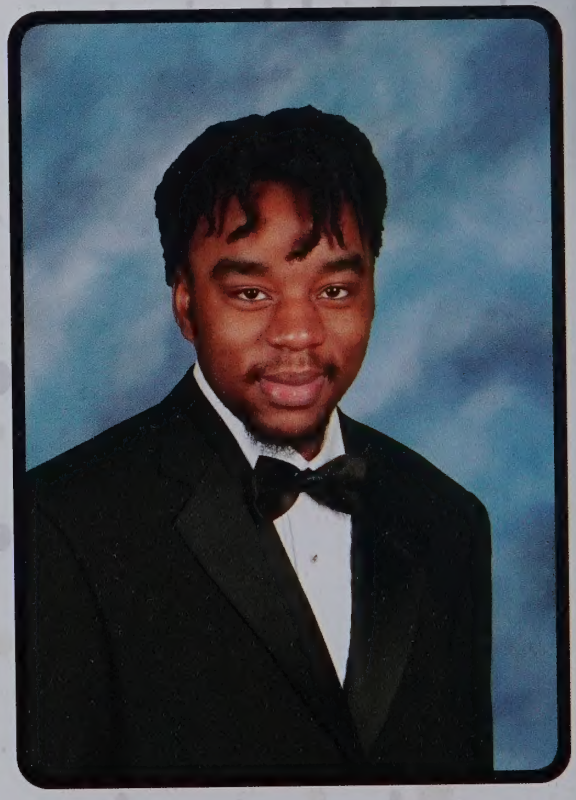
Jayshawn Pearson

"If you want a rainbow, you've got to stand the rain."



Kyla Price

"Only YOU have power over your destiny."



Shamario Purrier

"You can speak your future into existence."

Natalee Ramos

"Until next time..."

Zhane Robinson

"The ending of a chapter means the beginning of another."

Quamir Ross

"I'm going to be happy to graduate and to see my family and everyone else be proud of me because how far I have come."

Cerenity Scott

"Tryna text my accountant, ain't no service in the mountains."
- Travis Scott

Eshanti Scott

"They say you are what you eat, but I don't remember eating a goat."

Oluwadarasimi Sekumade

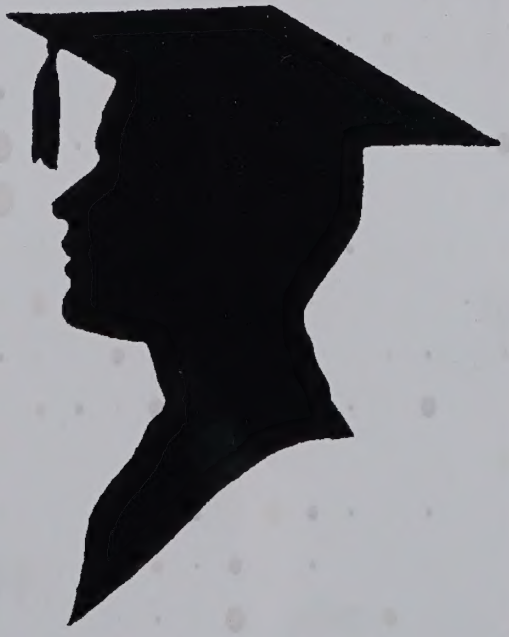
"Good things takes time. Patience is the key."

Bahiyyah Shaw

"She turned her can'ts into cans, and her dreams into plans"

Jonte Shell-Canady

"Never give up on what you believe in."



Malik Sparrow

"I'm looking forward to the next stage of my life."

Nasheera Sumler

"Education is the key to success."

DexJamiyyah Thomas

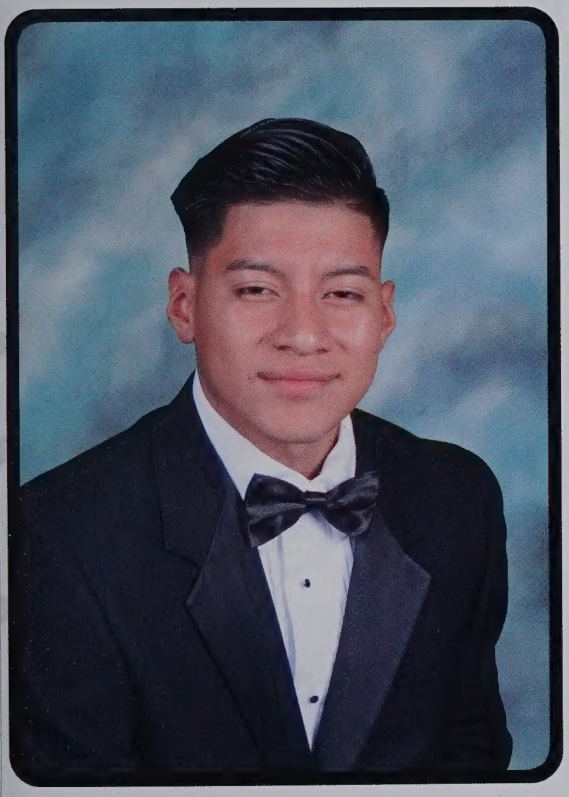
*"Congratulations seniors!
We did it!"*

Kenneth Tillman

*"Opinions are like mixtapes.
I don't wanna hear them."*

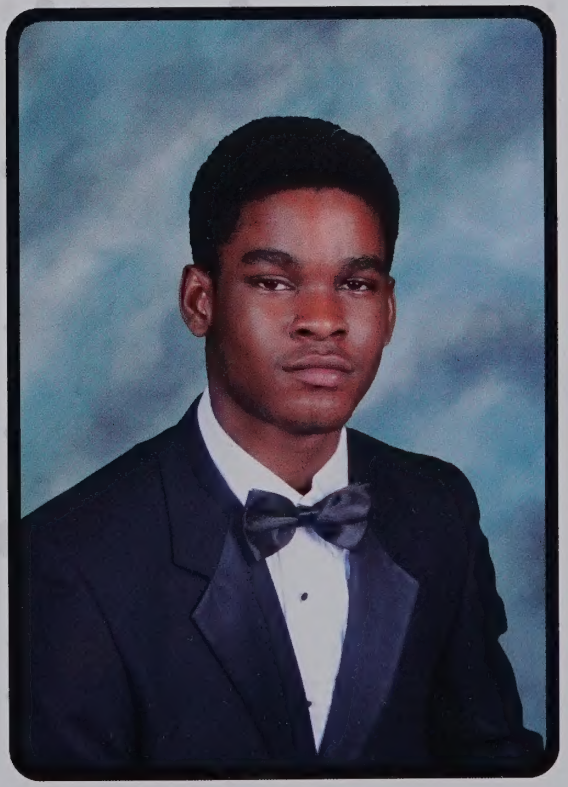
Aniya Travers

"There's always a pot of gold at the end of the rainbow."



Melvin Urquilla

"Congratulations Class of 2020."



Philip Uzoaru

"Accept the things you cannot change; Have the courage to change the things you can and have the wisdom to know the difference."

Clautavia Vidtor

"I want to thank everyone who helped me to come this far and gave me hope that I can do it and not to give up."

Chanea Walker

"You get nothing without struggle and hard work."
-Nas

Koree Washington

"Stay true to yourselves."

Nydaisha Waters

"I can't cry about having a lot on my plate if my goal was to eat."

Devyon White

"Hard work pays off."

QuanYe White

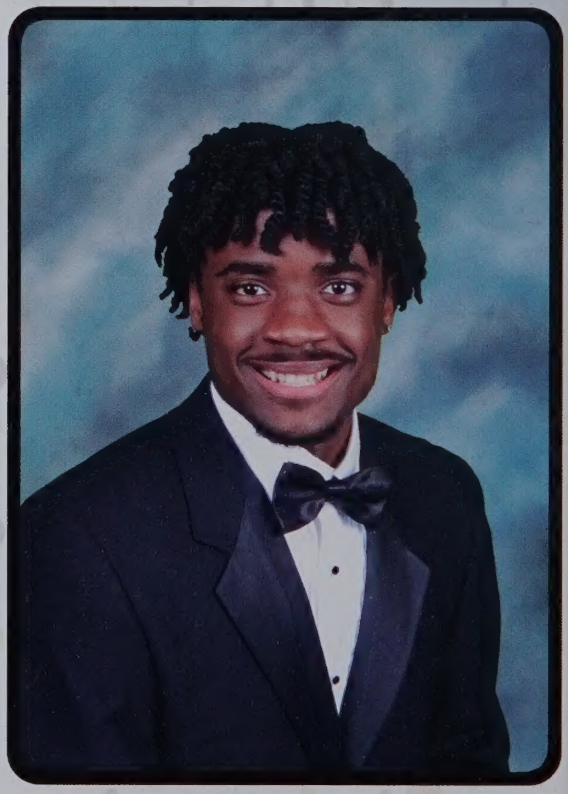
"Stop watching how everybody else is living and lock in on you. Build you up."

Sinsir White

"The time is now."

Antonio Williams

"I was never the best, but I was better than the person reading this."



De'Shaun Williams

I'm looking forward to turning the next page in my life."

De Vonia Wilson

"Life is a journey, not a destination."

Shaki Young

"Farewell."

Congratulations Graduates!

Continue to show your Bulldog P.R.I.D.E.

Class of 2020

Oreoluwa Adedoyin

* Salutatorian *

Ashanti Bush

ZaKendria Batts

"Being relentless
Being consistent
Being grateful

* Valedictorian *

Keily Duarte

Tequan Edmonds

Top Ten Scholars

** Salutatorian **

Zaniyah Hopkins

Erica Mends

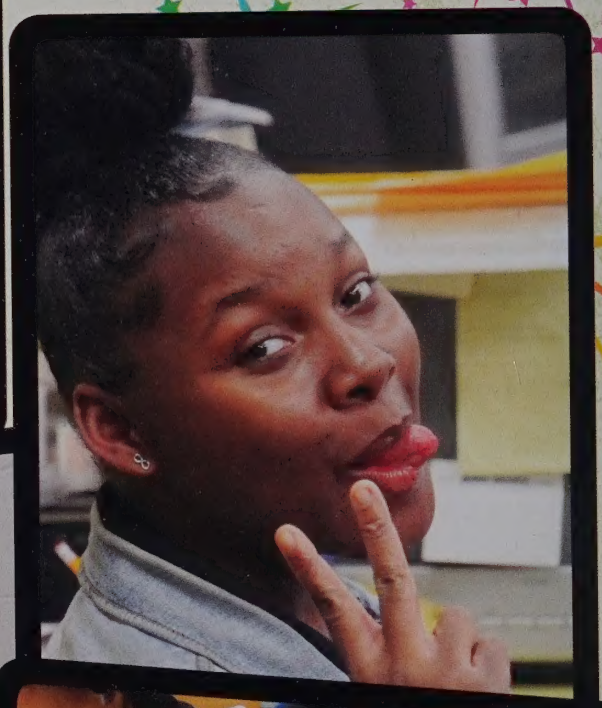
you there.
p you there.
rease what's there."

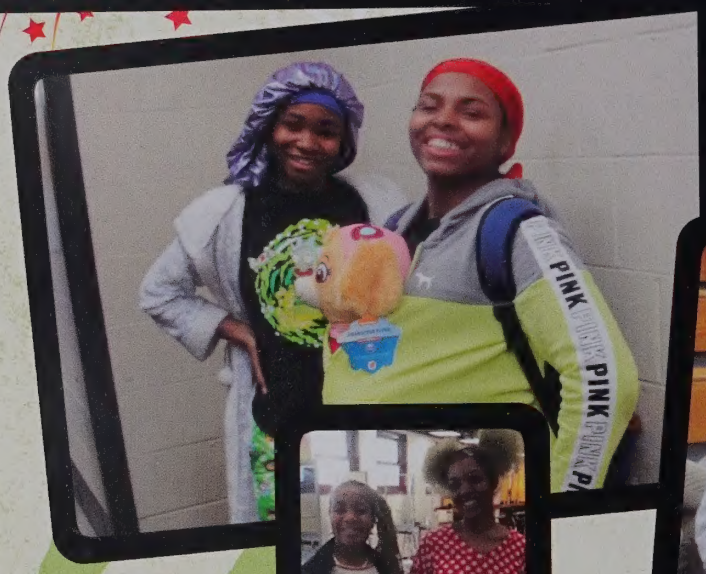
Tyrese Mills

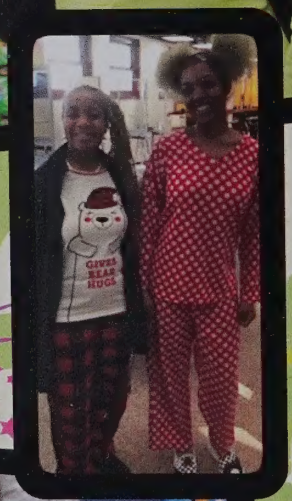
Jonte Shell-Canady

QuanYe White

LET'S SHOW SOME



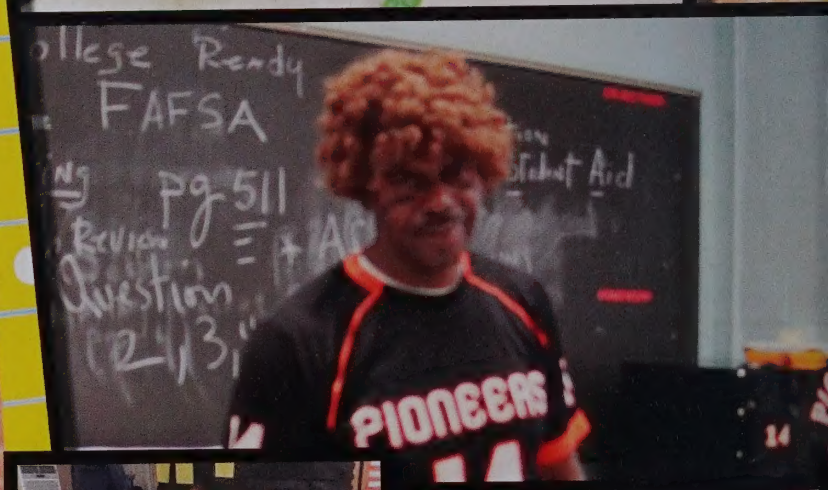


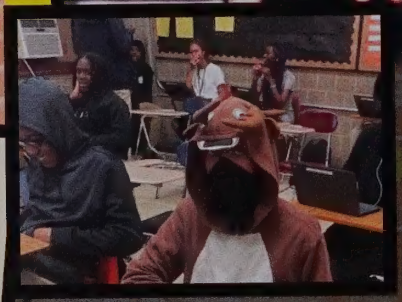


SCHOOL SPIRIT!

HAPPY

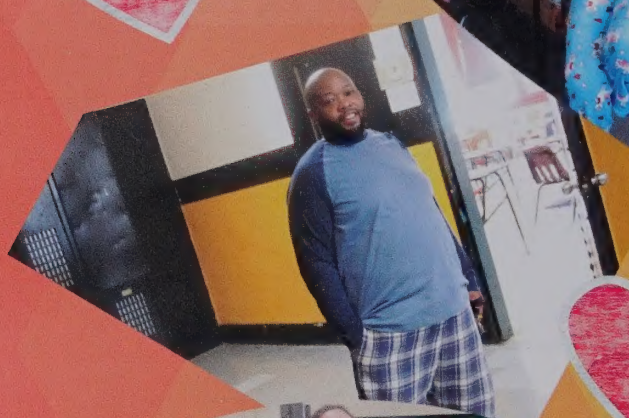
S DEDICATED TO
Family
HOOL NAME SAKE

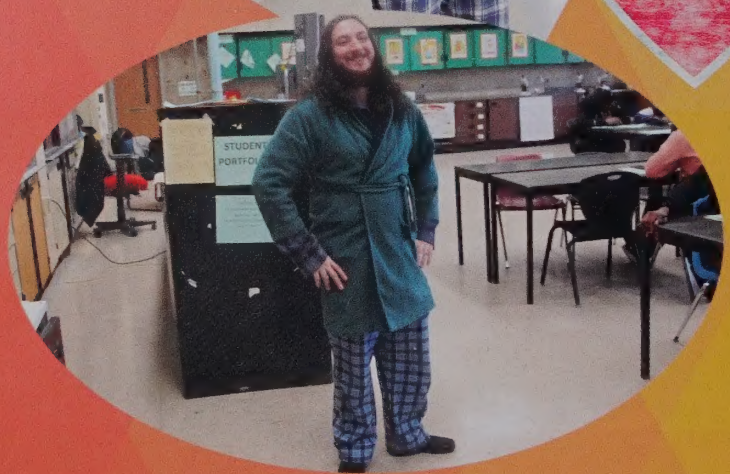

ollege Ready
FAFSA
Pg 511
Question
PIONEERS



HALLOWEEN

Pajama Day



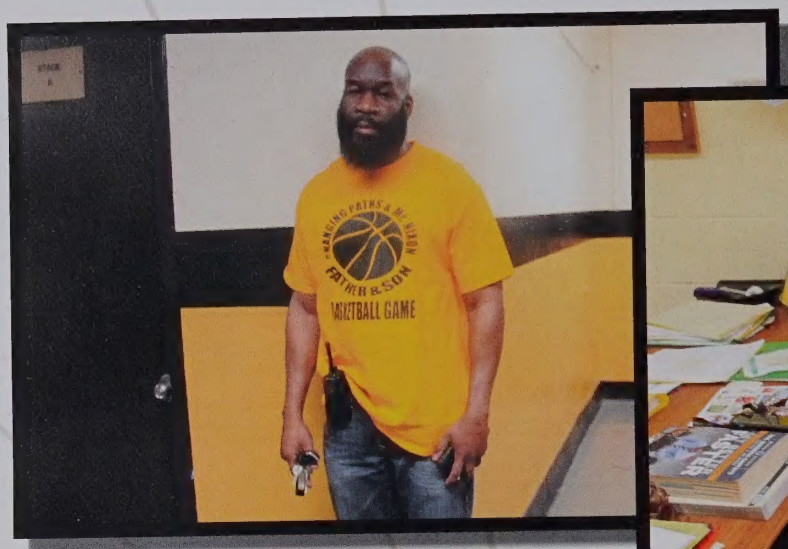


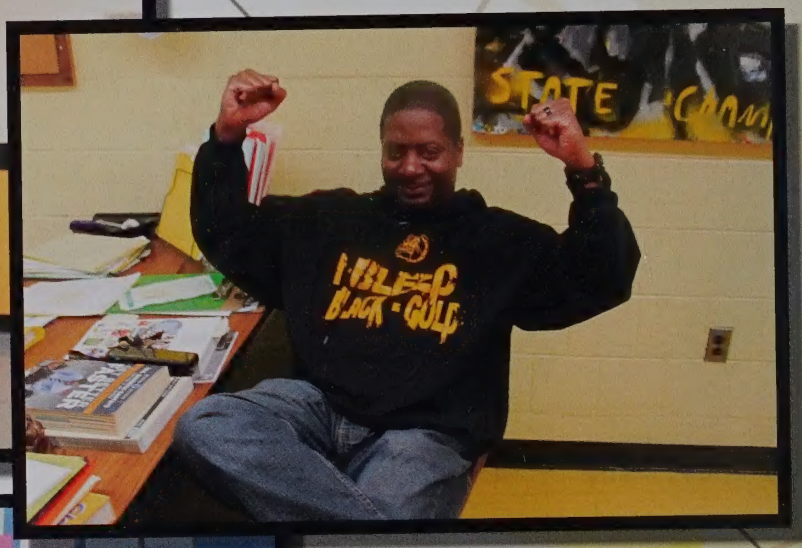
The Bulldog Family showed up looking extra comfortable on Pajama Day and let it be known that: 'Life is better in pajamas!'

SMILE! You're on Bulldog TV

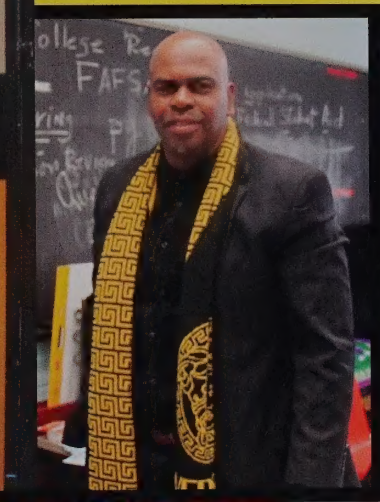
Our staff and students are always camera ready.

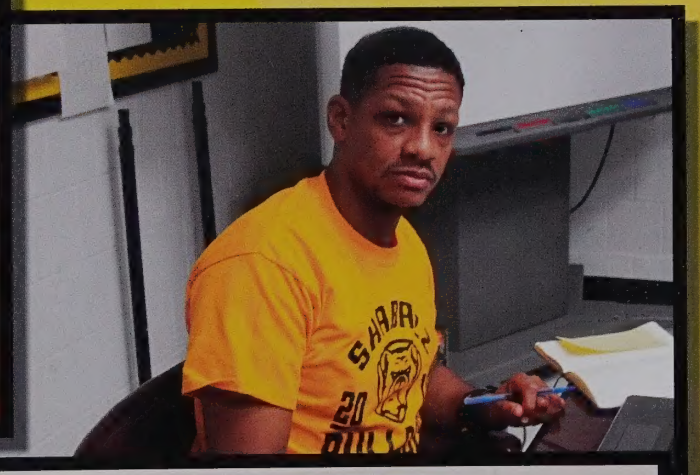
The House is Black





Filled with
and Gold





Happy

The annual holiday concert at Malcolm X Shabazz High School brought cheer to all in attendance.

Holidays

Our scholars did a phenomenal job on their performance.

Black Month

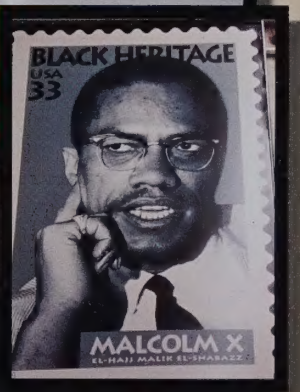
Black History Month is about more than donning dashikis, kanzus, and Kente cloth. It is about remembering important individuals and events that contribute to the African diaspora.

It is important for our scholars to know about their rich histories firsthand. Learning and knowing about our pasts can help us all have a brighter future, together.

History Celebration

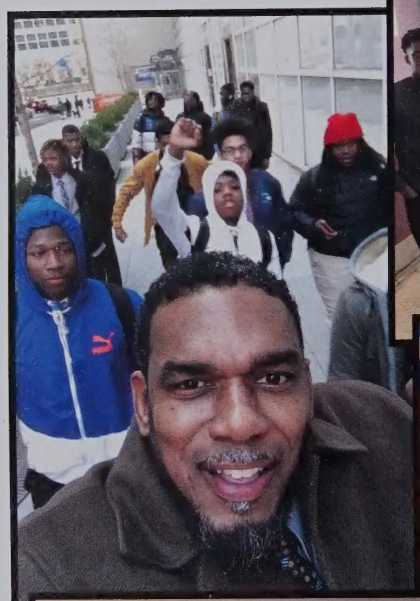
During Black History Month, Malcolm X Shabazz High School honored and paid tribute to all of the great leaders and history makers whom have paved the way for many people of all races and beliefs.

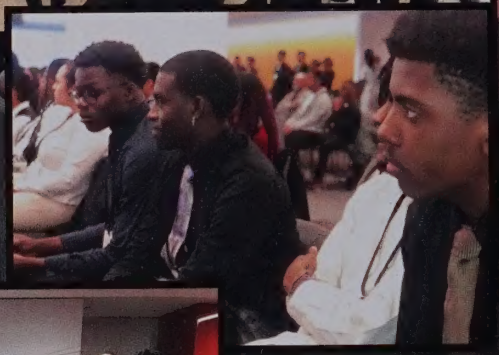
Staff and students alike dressed in traditional African garb and watched a wonderful performance complete with singing and dancing.

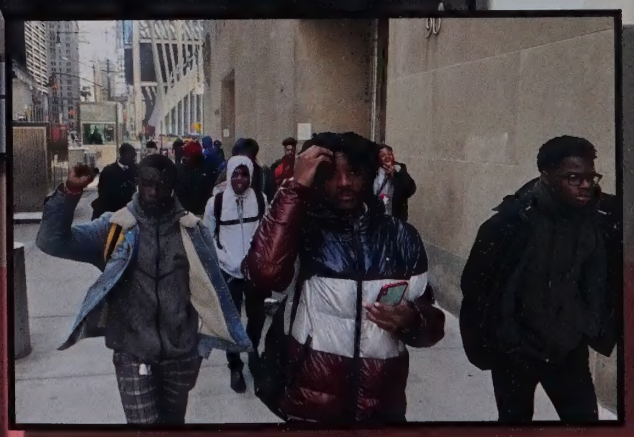


Blacks on Wall Street

On February 28, 2020, the young men of Malcolm X Shabazz High School braved frigid temperatures and traveled across the Hudson River to New York City in hopes of gaining insight into careers in finance through the Blacks on Wall Street program. The organization seeks to match resources with underrepresented youth that will help advance them into the world of finance. Principal Gifted and Mr. Walton wanted to provide our scholars with the experience of being on the famous and historical Wall Street, the main hub for the international financial system.





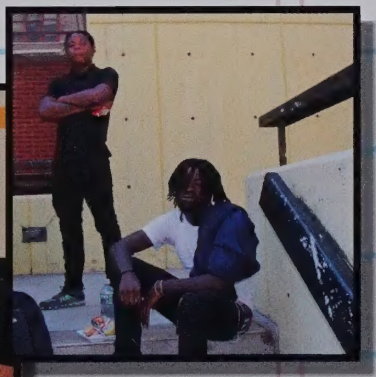


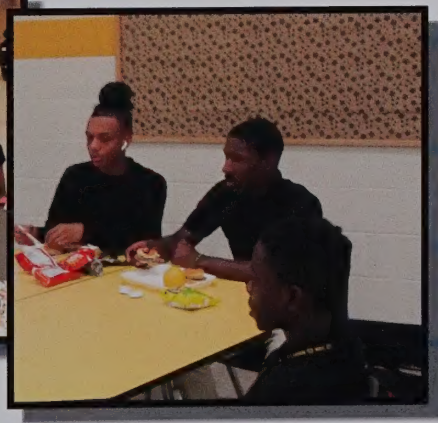
Awards Day

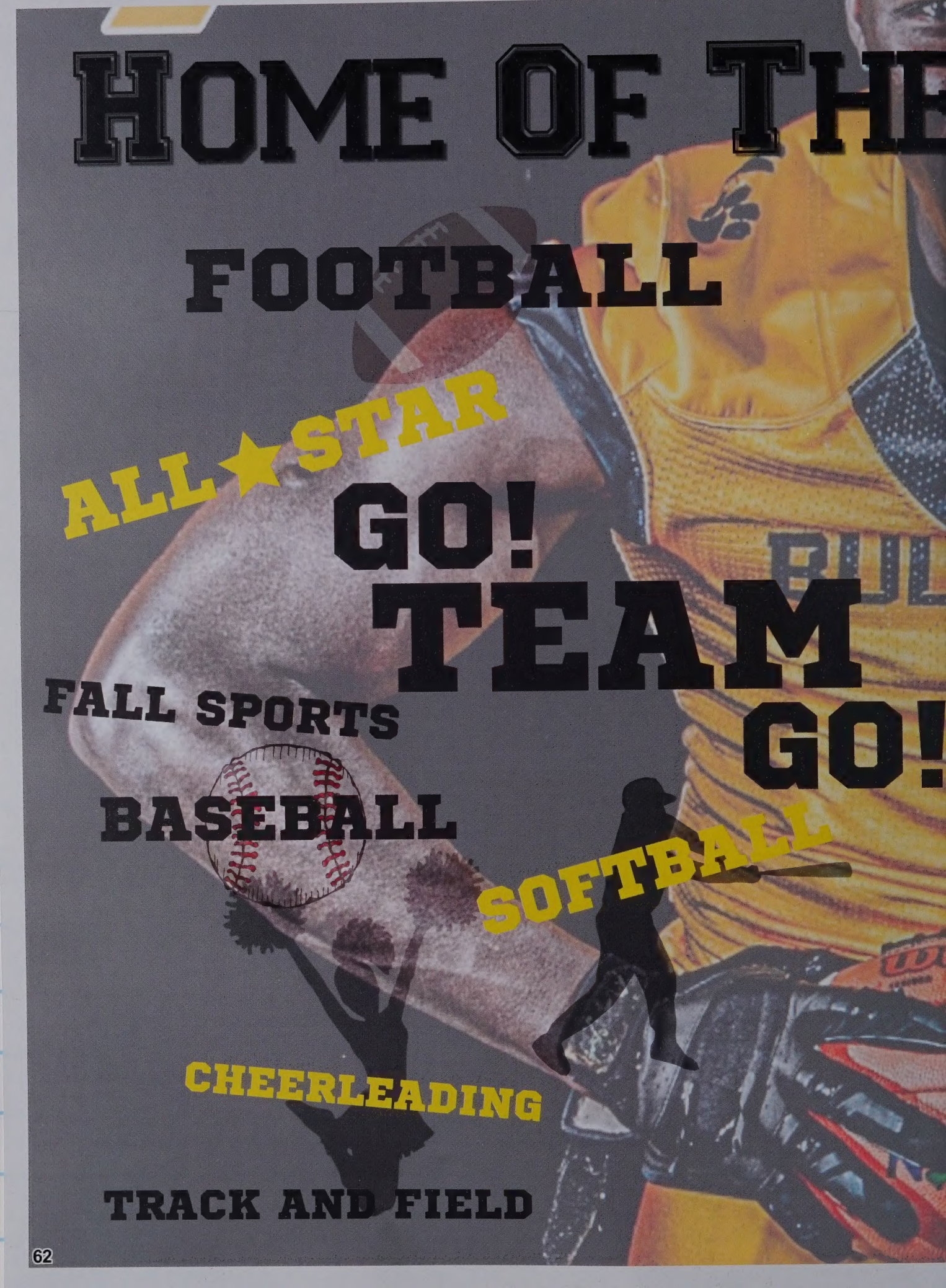
Malcolm X Shabazz STEM scholars received awards for their hard work and dedication to the program. This year, the school opened a new engineering lab and has partnered with New Jersey Institute of Technology and Stryker, where students may earn college credits and receive mentoring in the field.

LUNCHROOM SHENANIGANS

FUN TIMES






HOME OF THE
FOOTBALL
ALL★STAR
GO!
TEAM
GO!
FALL SPORTS
BASEBALL
SOFTBALL
CHEERLEADING
TRACK AND FIELD

BULLDOGS
BASKETBALL
T.E.A.M.
TOGETHER EVERYONE ACHIEVES MORE
WE ARE THE CHAMPIONS
AND THE CROWD GOES WILD!
SOCCER
VOLLEYBALL
SPRING SPORTS
WE'RE #1
CROSS COUNTRY
IN.IT. TO WIN.IT
WINTER SPORTS

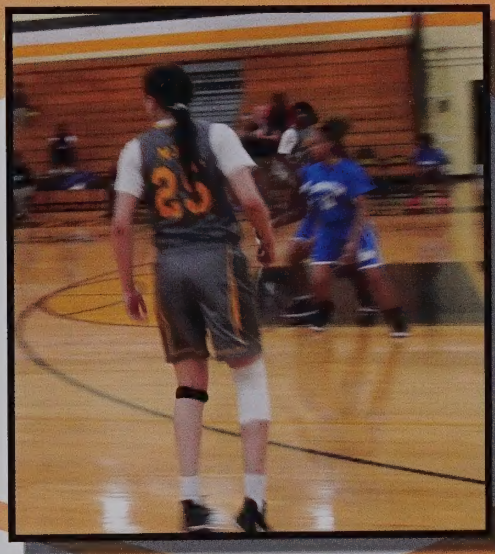
GIRLS BASKETBALL

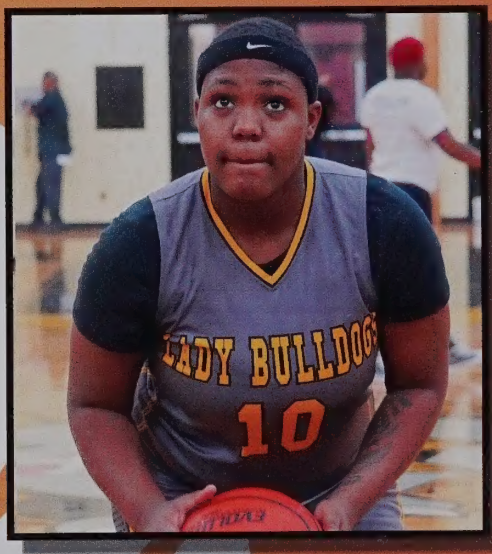
Head Coach: Christopher Morris
Assistant Coach: Shakirah Peace

Team Players: Shamira Canty, Khadijah Jones, Ameesha Lively, Taniya McLaurin, Chelsea Mensah, Kimberly Morales, Ty'Naijah Saxton, Eshanti Scott, Nyasia Stevenson, and Diamonique Williams

Lady Bulldog seniors Eshanti Scott and Taniya McLaurin received plaques and had their jerseys memorialized on Senior Night as thanks for their hard work and dedication to the girls basketball team.

GO LADY BULLDOGS!





VARSITY & JV BOYS BASKETBALL

Head Coach: Dujuan High
Assistant Coaches: Devonne Giles and Alton Reynolds

Varsity Team: Xavier Holmes, Jayden Ingram, Nacier Kirksley, Oluwaseum Kuti, Emmanuel Ogunbemi, Devonte Platt, AL'Jerr Robinson, Quamir Ross, Al Shatir Shells, and Yasheem Whitlock

BULLDOGS

SHABAZZ

BULLDOGS

11

3

12

CHAMPIONS
CHAMPIONS
STATE CHAMPIONS
SHABAZZ BULLDOGS
NJSIAA

GROUP III
STATE CHAMPIONS
BULLDOGS
BULLDOGS

GIRLS VOLLEYBALL

Head Coach: Maria Frankeas
Assistant Coach: Micheal Dixon

Lady Bulldogs Team Members: Ashanti Bush, Keily Duarte, and Zaniyah Hopkins

SERVE, SET, RETURN

FOOTBALL

Head Coach: Tyrone Turner
Assistant Coaches: Lys Blanc, Alfred Dobson, Bryant Long, Baja Rowe, and Aaron Satler

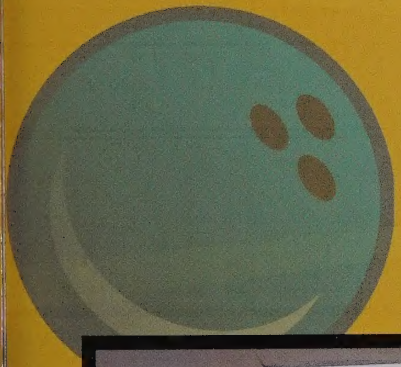
Team Players: Na'Eem Alexander, Quadri Askew, Anthony Brandon-Shaw, Quayon Gordan, Brayvion Johnson, Fahkir Johnson, Ny-Jamar Lawrence, Jonte Shell-Canady, Chrishod Walker, Koree Washington, Antonio Williams, David Williams, Ramel Williams, Curtis Woodard, and Jashawn Wright

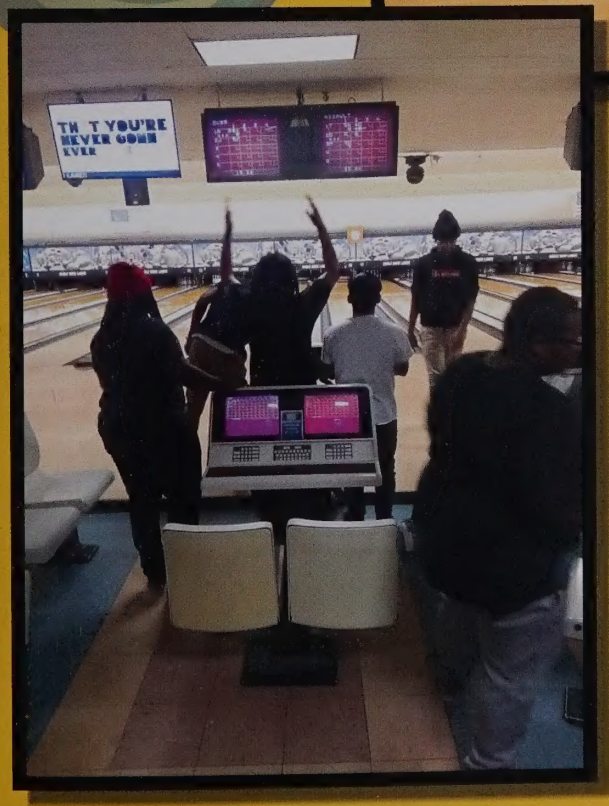
@JAEPHOTOS
MALCOLM X SHABAZZ
BULLDOGS
FOOTBALL
SOUTH SIDE
BULLDOGS
55
BULLDOGS
7

BOWLING

Head Coach: Robert Sasso

Team Players: Dayshawn Beeks, Tequan Edmonds, Latavia Mozee, Tynell Partlow, Jonte Shell-Canady, Kenneth Tillman, Melvin Urquilla, De'Shaun Williams, and Nidir Williams




TH T YOU'RE
NEVER GONN
EVER

Marching Band

The world renowned Malcolm X Shabazz High School Marching Band had an amazing, yet brief year that began with not only home football games, but also district-wide convocation, the annual breast cancer awareness walk, and an invitation to play at the unveiling of a black art exhibition in Times Square. Led by Mr. Rasheed Sheffield, the band is sure to continue exciting fans with their moves and music.

SHABAZZ
SHABAZZ

Cheerleading

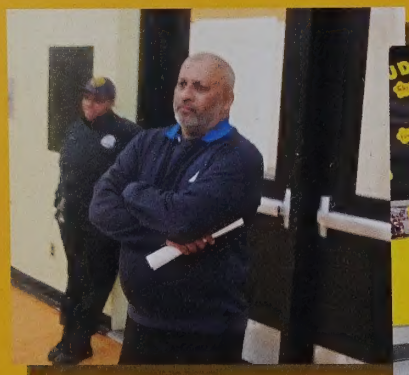
SENIOR NIGHT

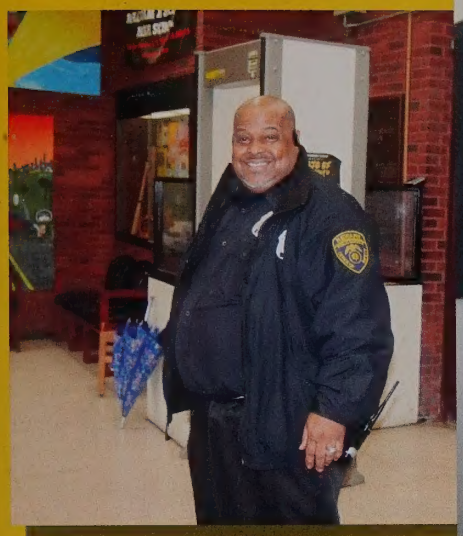
Senior night at Malcolm X Shabazz High School is always bittersweet. As we thank our seniors for their contributions to their respective teams, we also bid them farewell and let them know they will always be a Bulldog for life!

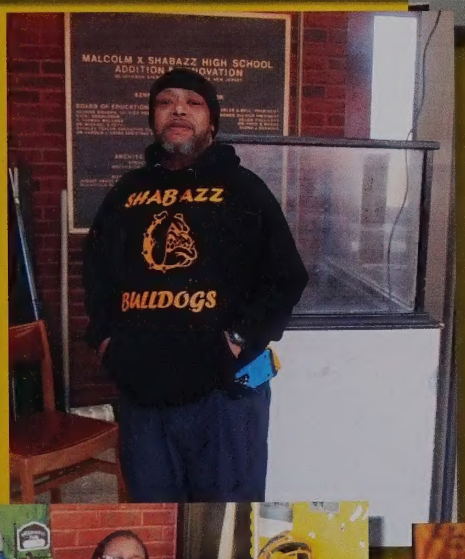
BULLDOG 4 LIFE!

Bulldog Staff

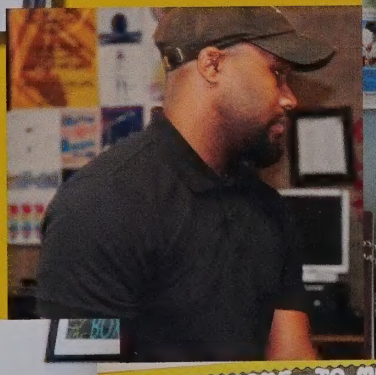
There's never a dull moment at Malcolm X Shabazz High School. However, no matter how busy the staff gets, there's always time for a laugh and smile to get them through the day.

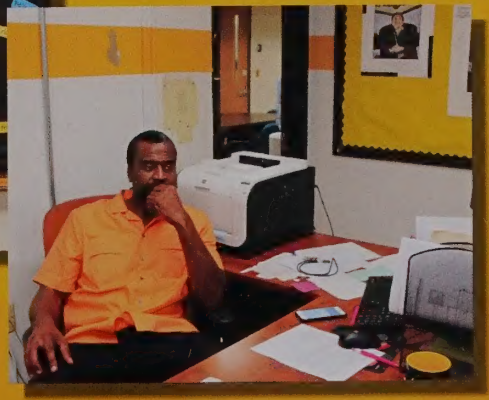




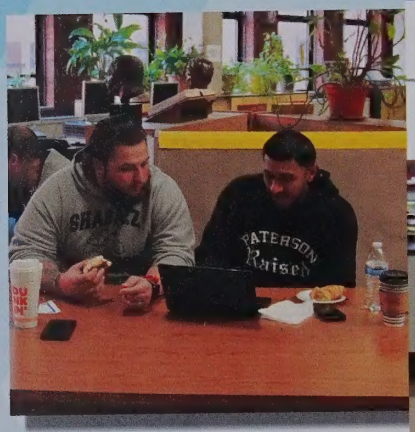


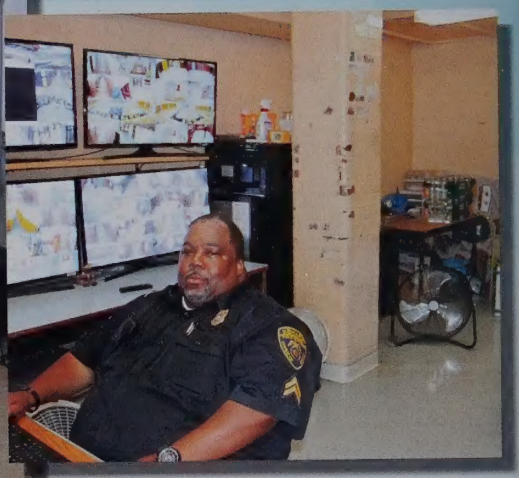
Smile! You're on Bulldog Camera!

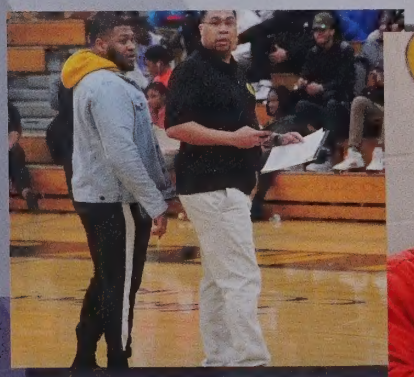


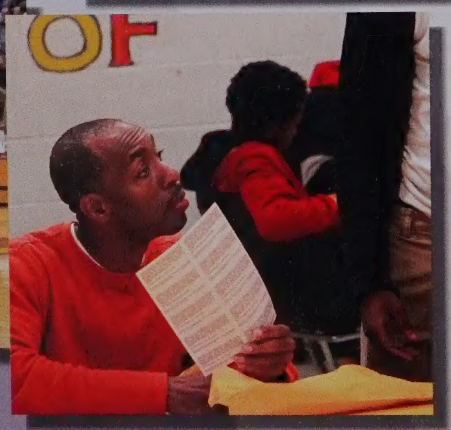


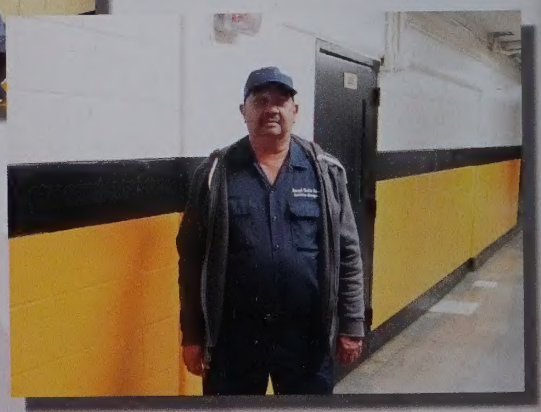
Bulldog Staff

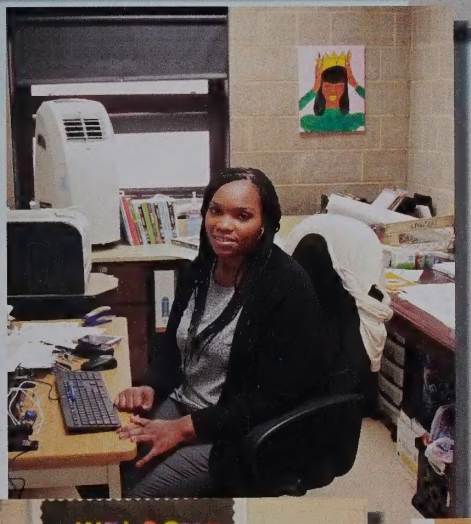




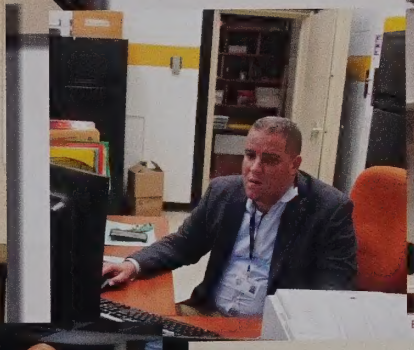


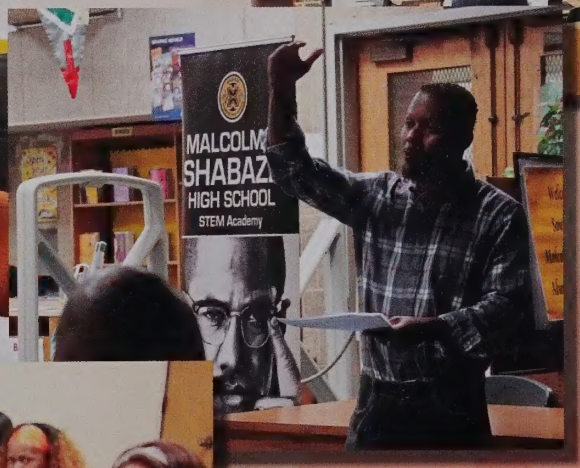


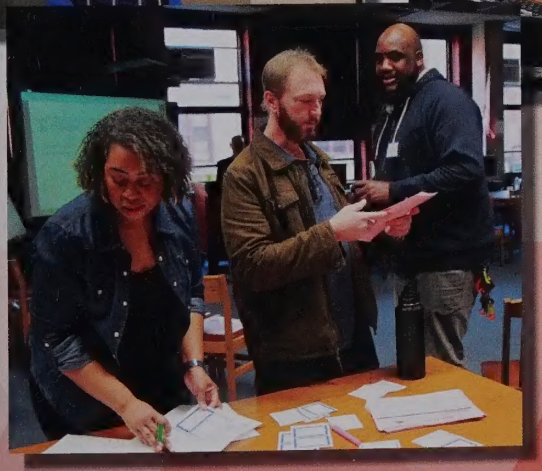


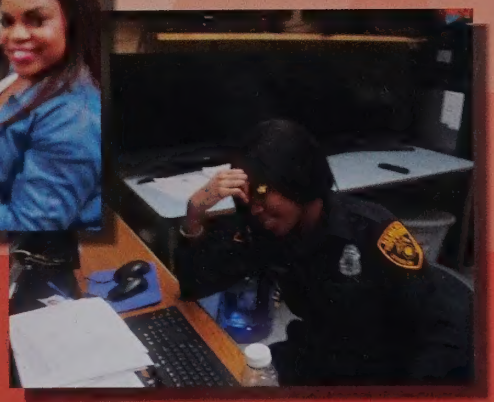


Just another day in the life of a Bulldog...









Bulldog

More than a teacher...

The time has finally come! His days of waking up early to travel up the Garden State Parkway are over. No more lesson plans, test prep, and grading! That's right...Mr. Patrick Murray is hanging up his protractor and retiring from our beloved school. Sadly, that also means no more of his favorite students to hang with everyday.

More than just a math teacher, Mr. Murray, brought a certain type of learning to his classroom. Teaching is his second career behind being a professional coder for 30 years before coming to the Newark Board of Education in 2008. The current and upcoming scholars will certainly miss out on being instructed by one of the best algebra, geometry, and calculus teachers Malcolm X Shabazz High School has ever seen.

While at Shabazz, Mr. Murray began the AP Calculus course, won awards with his Aquatic Bio Geo Chem Club, and authorized a published manuscript in Frontier of Microbiology with over 100 student contributors. He also coordinated student-driven scientific poster presentations with the American Geophysical Union from 2016-2019 and was a bronze medal finalist for the Presidential Awards for Excellence in Mathematics and Science Teaching (PAEMST) under the Obama administration.

Mr. Murray is a native of Freehold, NJ and a graduate of Montville High School. He stated, "I appreciate the opportunity to serve our community, our school, Newark Public Schools, and most importantly, the children of Newark with whom I was entrusted."

Mr. Murray, we will miss your presence and support. We thank you and may retirement bring you lots of enjoyment.

With Love,

The Class of 2020 and the MXS staff

Retirees

A smile to always remember.

A profound appreciation for music and an expressed passion for dancing will keep just about anyone forever young. Well, at least that is what's been working for Mrs. Evangeline West, our beloved office clerk who retired at the end of this school year.

Mrs. West, who spent the last decade of her career at Malcolm X Shabazz High School, began working for the Newark Board of Education in 1984 as a substitute office clerk. After becoming permanent in 1987, she mainly worked in elementary schools. She exclaimed that coming to work in a high school after 23 years in elementary schools was a vast difference. However, it was a change she more than welcomed.

A Newark native, Mrs. West was the oldest of seven siblings raised in the Stella Wright housing projects. She attended Central High School where she was a member of the track team as a long-distance runner. Her interest in being an office clerk was piqued while in high school. She revealed she would skip lunch (in order to keep slim for track) and spend time volunteering in the guidance department where she discovered an enjoyment for office work.

After meeting her husband in the district, they married and went on to raise three children, all of whom attended Newark Public Schools.

Mrs. West, who has worked for a multitude of principals, insisted that Shabazz happened to be her favorite place to work. She playfully boasted about the many visiting celebrities she had the opportunity to meet and take pictures with while at work. From Shaquille O'Neal to Gloria Gaynor to Erykah Badu, Mrs. West attested her appreciation for being able to get up close and personal with them.

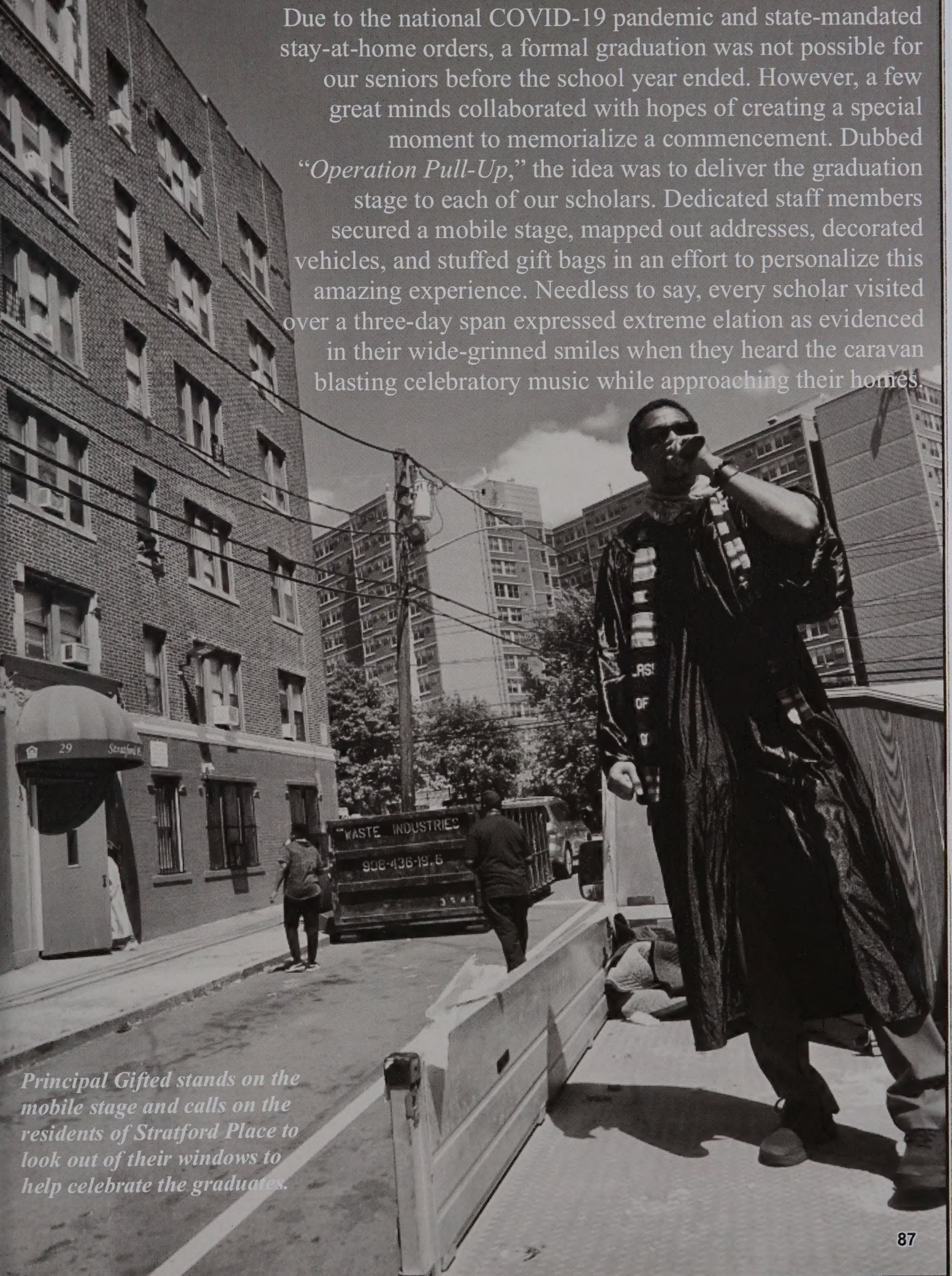
Although she thoroughly enjoyed her job and got along with everyone she worked with, Mrs. West conceded it was time to allow someone else the opportunity to have a job and raise their family like she did. Now she will be able to spend more time with her eight grandchildren, dancing and keeping herself young.

Always known for being reliable, kind, punctual, and an all around awesome person, her presence in the main office will definitely be missed. Enjoy your retirement Mrs. West!

GUESS WHOSE BABY...

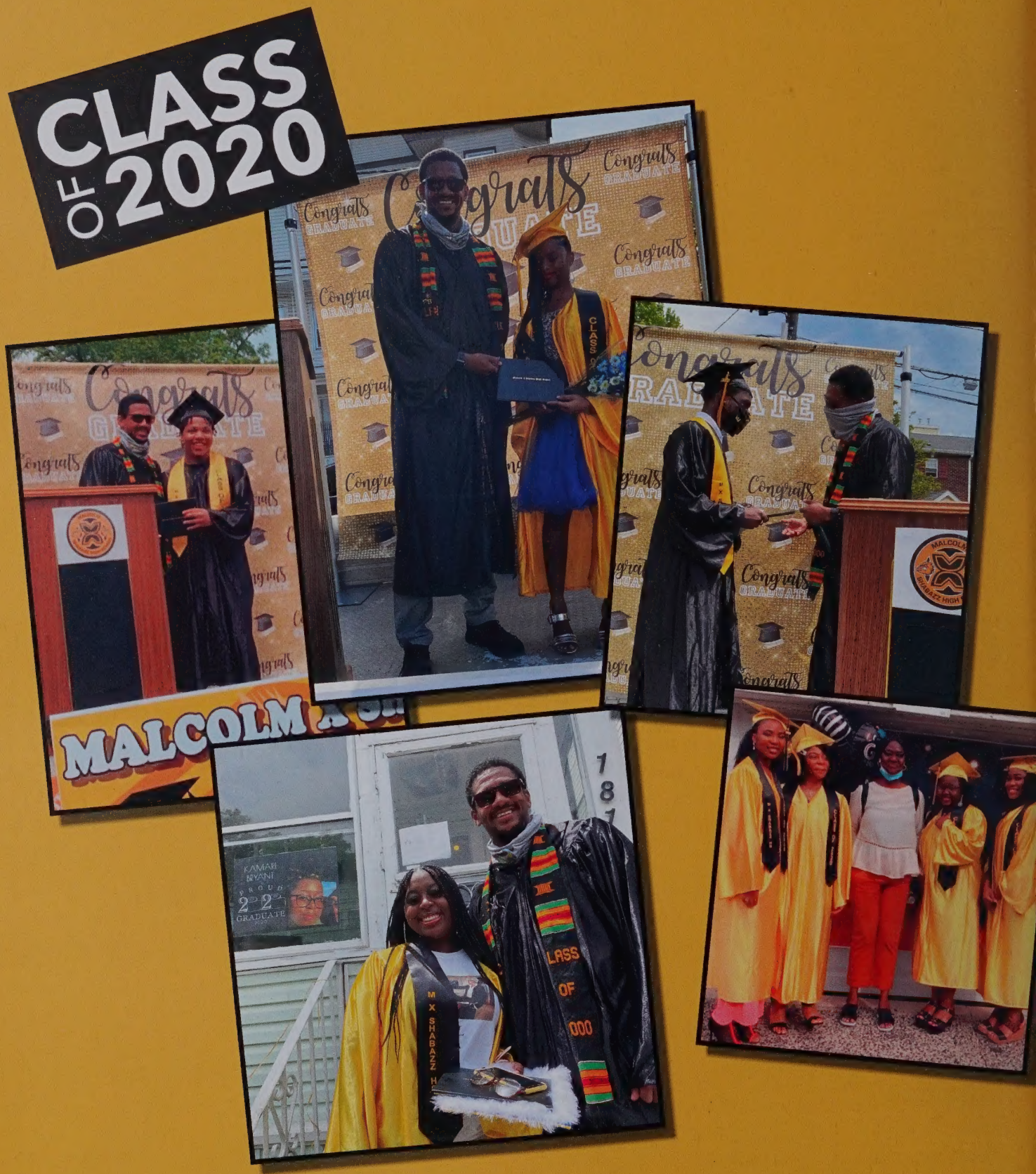
CHECK OUT THESE ADORABLE BABY PICTURES FROM OUR SENIOR CLASS. SEE IF YOU CAN GUESS WHO THEY ARE.

Due to the national COVID-19 pandemic and state-mandated stay-at-home orders, a formal graduation was not possible for our seniors before the school year ended. However, a few great minds collaborated with hopes of creating a special moment to memorialize a commencement. Dubbed "*Operation Pull-Up*," the idea was to deliver the graduation stage to each of our scholars. Dedicated staff members secured a mobile stage, mapped out addresses, decorated vehicles, and stuffed gift bags in an effort to personalize this amazing experience. Needless to say, every scholar visited over a three-day span expressed extreme elation as evidenced in their wide-grinned smiles when they heard the caravan blasting celebratory music while approaching their homes.



Principal Gifted stands on the mobile stage and calls on the residents of Stratford Place to look out of their windows to help celebrate the graduates.

Operation Pull-Up!

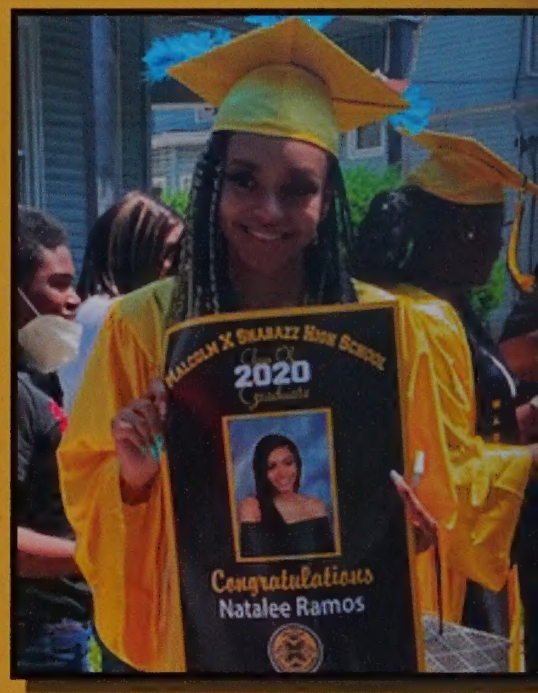


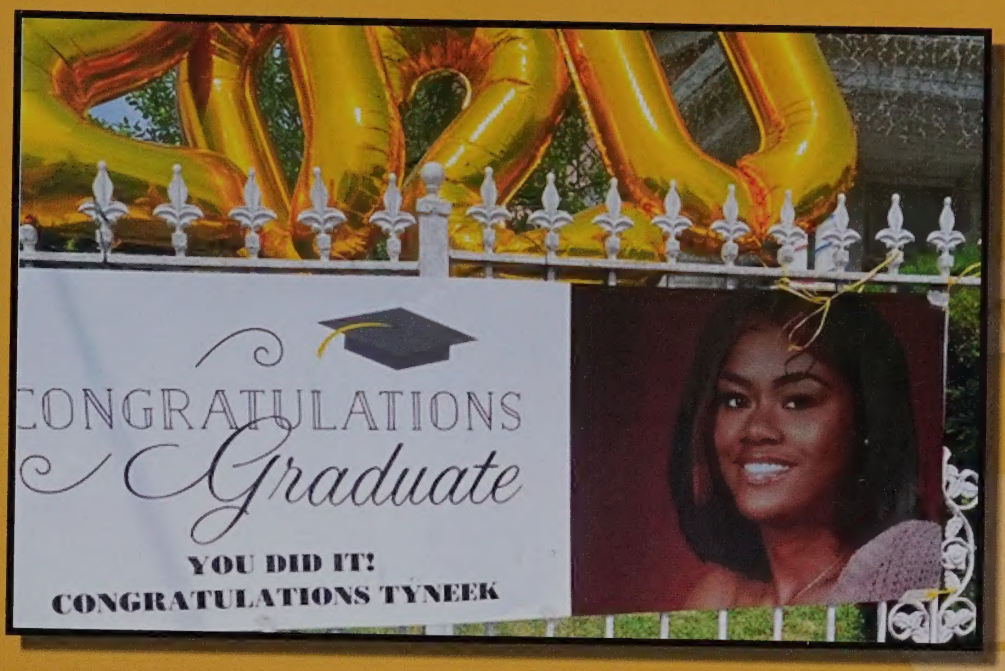
The graduates showed their appreciation for making personal experience for each of them.

Pictured: Tyrese Mills, Olajumoke Abubakar, Alzir Davis, Kamari Bryant, Onoshope Itunoya-Musa, Fatiat Obayomi, Precious Onwuneme, and Oluwadarasimi Sekumande.

Pictured:
Quan'Ye White, Taryn Coleman, Supreme Adams, Bahiyyah Shaw, De'Shaun Williams, Zaniyah Hopkins, DexJamiyyah Thomas and Shayonda Miller.

Pictured: Amanda Carter, Malcolm X Shabazz High School Staff and volunteers, Deshaun Hardy-Walker, Natalee Ramos, and Valedictorian Keily Duarte.

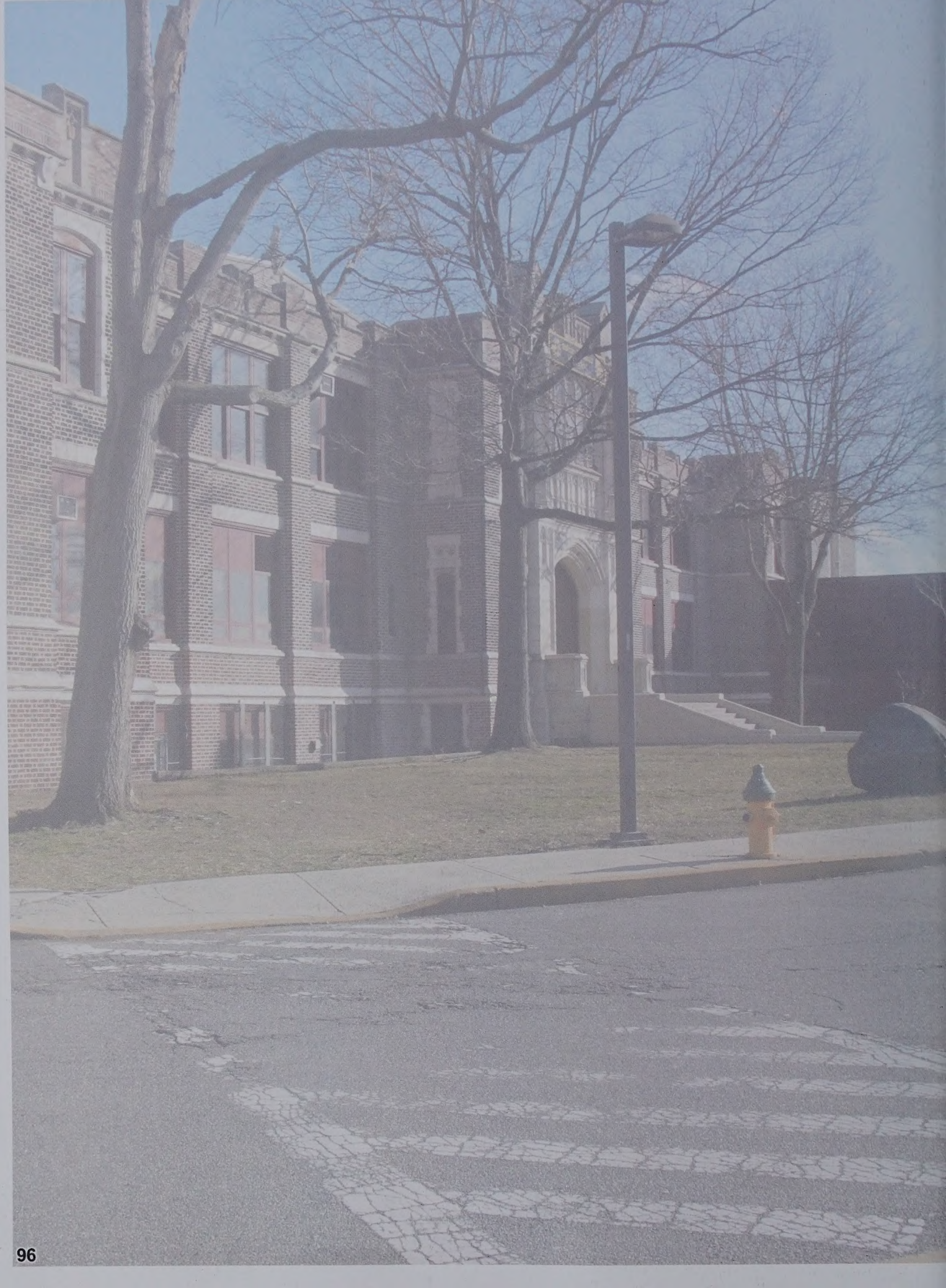




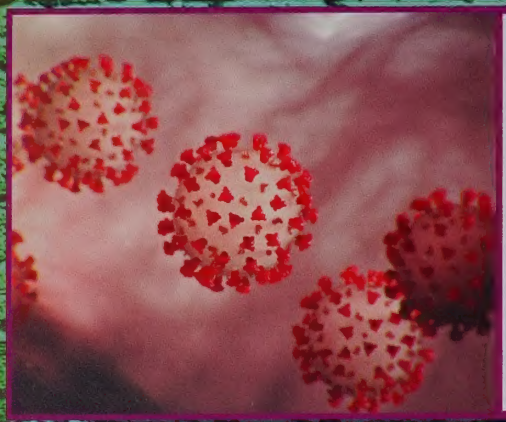
Pictured: Antonio Williams, Tyneek Hayes, Myja Inman, Anthony Campbell, and Taisha Clemons.

Autographs

Autographs



2019
2020
Looking Back
CORONAVIRUS
PANDEMIC
EDITION



What is the Coronavirus?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

Transmission & Treatment of Coronavirus

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes.

As of April 2020 , there are no specific vaccines or treatments for COVID-19. However, there are many ongoing clinical trials evaluating potential treatments. WHO will continue to provide updated information as soon as clinical findings become available.

Mobile testing sites were set up ountry wide for people who believed they had the virus.

As schools closed nationwide, remote learning became the new norm for teachers, students & parents.

The USNS Comfort, a massive hospital ship, sailed into NYC Harbor to provide medical help with rising numbers of coronavirus cases.

As of April 2020 more than 178 cou have reported 838,000+ coronavirus cases.

My Life Through the Coronavirus Pandemic

5 Cool Things About Remote Learning

1. _____
2. _____
3. _____
4. _____
5. _____

5 Positive Experiences of Quarantine

1. _____
2. _____
3. _____
4. _____
5. _____

5 Things I Missed About School

1. _____
2. _____
3. _____
4. _____
5. _____

Historic Win!

The Toronto Raptors became the first Canadian team to win the NBA championship, beating out the two-time defending champs, the Golden State Warriors.

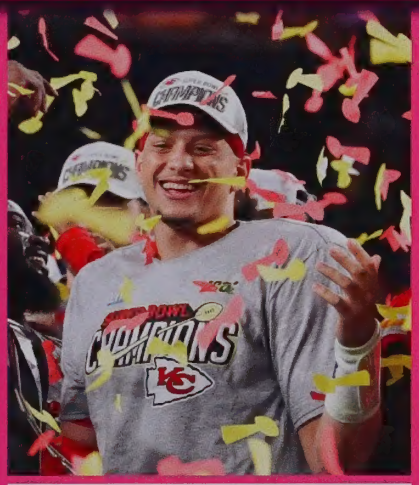
Remembering Kobe

The tragic loss of NBA superstar Kobe Bryant and his daughter, rising basketball star Gianna, sent shockwaves throughout the sportsworld as Los Angeles fans and people around the World mourned.

First Time Champs!

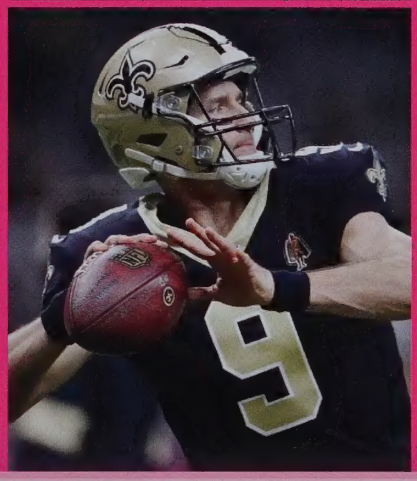
The Washington Nationals are world champions for the first time in franchise history, defeating the Houston Astros. It was the first time in World Series history that the road team had won every game.

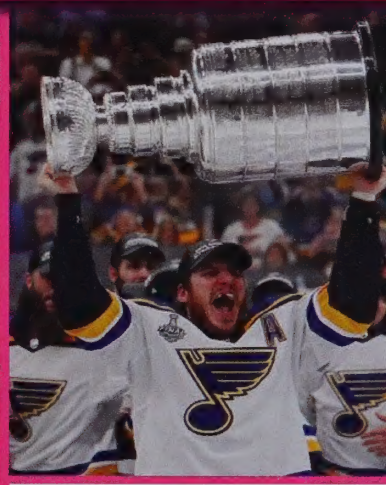
a became the first Asian player to be ducted into the International Tennis Hall of Fame



The Kansas City Chiefs defeated the San Francisco 49ers, 31-20. This was the 1st victory in 50 years for the Chiefs.

Drew Brees now has the most touchdown passes in NFL history breaking Peyton Manning's record of 539.





St. Louis Blues win first Stanley Cup with 4-1 victory over the Boston Bruins.

Most Searched Teams

NFL - Dallas Cowboys
MLB - New York Yankees
NBA - Los Angeles Lakers
NHL - Boston Bruins
WNBA - Washington Mystics

Record Breaking

Simone Biles became the most decorated female gymnast in history, after she won her 21st World Championship medal. LeBron James topped Michael Jordan on the NBA all-time scoring list.

Year In SPORTS

Year In MUSIC

Grammy Highlights!

Album of the Year:
"Golden Hour" by Kacey Musgraves

Song of the Year:
"This Is America" by Childish Gambino

Record of the Year:
"This Is America" by Childish Gambino

Best New Artist:
Dua Lipa

Big Winners!

At the 2019 Grammy Awards, Childish Gambino's "This Is America" was the first hip-hop Song of the Year winner in the shows history. Kacey Musgraves took home album of the year, and also won in all four categories for which she was nominated.

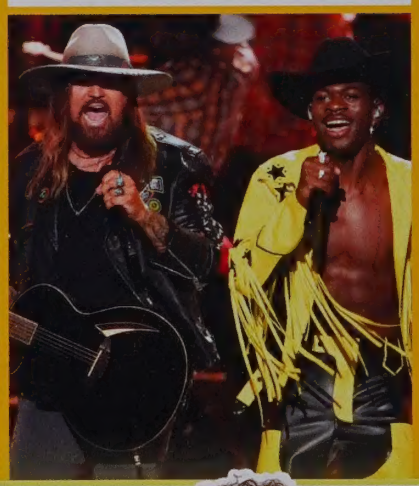
Spotify's 2019 Most-Streamed Songs

"Señorita" – Camila Cabello, Shawn Mende
"bad guy" – Billie Eilish
"Sunflower" – Post Malone, Swae Lee
"7 Rings" – Ariana Grande
"Old Town Road – Remix" – Lil Nas X, Billy Ray Cyrus

Garth Brooks won Entertainer of the Year at the 2019 CMA Awards, giving the superstar performer a record 7th win in the category.

Missy Elliott became the first female rapper to win the Michael Jackson Video Vanguard Award.

Lil Nas X's 'Old Town Road,' Feat. Billy Ray Cyrus, Is the Billboard No. 1 Hot 100 Song of the Year.



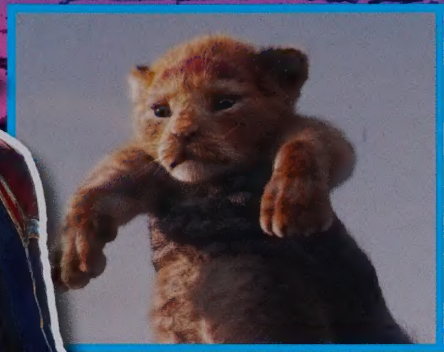
Lady Gaga won the Academy Awar for best original song, "Shallow" from movie "A Star is Born".

Entertainer of the Year

Time Magazine named Lizzo as the 2019 Entertainer of the Year. Lizzo released her third studio album in 2019. Her song "Truth Hurts" has now tied the record for the most weeks at No. 1 on the Billboard Hot 100 for a rap song by a female artist.

Spotify's Most-Streamed Albums

"When We All Fall Asleep, Where Do We Go?" – Billie Eilish
"Hollywood's Bleeding" – Post Malone
"thank u, next" – Ariana Grande
"No.6 Collaborations Project" – Ed Sheeran
"Shawn Mendes" – Shawn Mendes



Top 5 Movies of 2019

1. Avengers: Endgame
2. The Lion King
3. Toy Story 4
4. Captain Marvel
5. Spider-Man: Far From Home

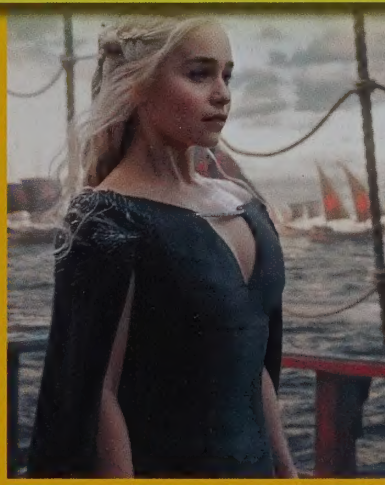
Record Breaker!

Marvels Avengers: Endgame broke quite a few records in 2019. It is the highest-grossing film ever. The movie had the largest overseas opening ever with the most showtimes in history. It had the biggest opening/single-day and is the fastest film to reach $1 billion in ticket sales.

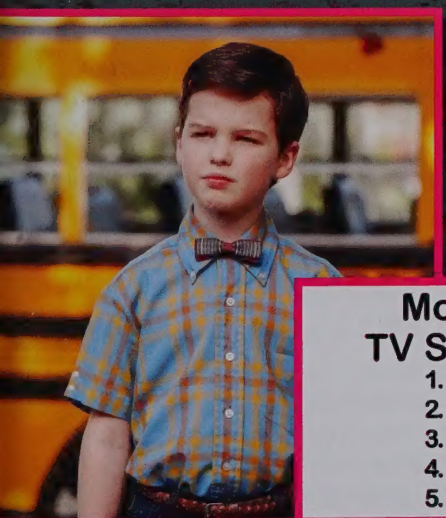
fter 12 seasons, "The Big Bang Theory" concluded as TV's longest-running multicamera comedy in history.

Disney+ released "The Mandalorian", the first live action series in the Star Wars franchise .

"The Masked Singer" premiered on Fox on January 2, 2019 and was a surprise hit!



The final episode of "Game of Thrones" concluded on May 19, 2019 to mixed reviews.



Most Searched TV Shows of 2019

1. Game of Thrones
2. Stranger Things
3. When They See Us
4. Chernobyl
5. The Mandalorian

Most Watched TV Shows of 2019

1. The Big Bang Theory
2. NCIS
3. Game of Thrones
4. Young Sheldon
5. This is Us

Year In TV & MOVIES

Bottle Cap Challenge

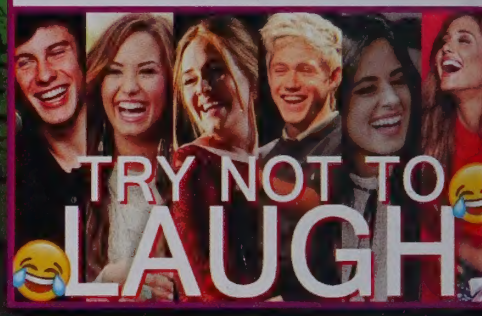
The challenge consists of placing the cap on top of a water bottle with the goal of unscrewing it with a single kick, but without moving the bottle itself.

10 Year Challenge

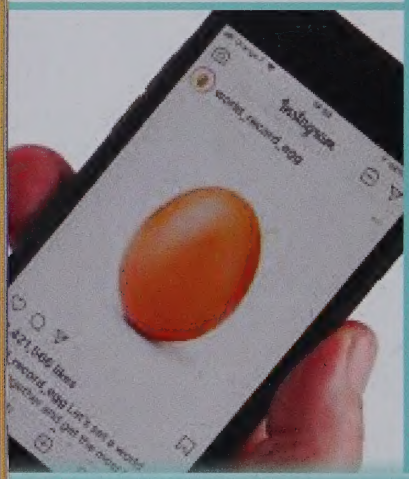
It was the first viral internet challenge of 2019: post two photos of yourself side by side, one from 10 years ago and one from now. Plenty of celebs got in on the social media challenge.

2019 Top YouTube Challenges

"Not My Hands" Challenge
"Fun Accent" Challenge
"Try not to Laugh" Challenge
"Water Bottle Flip" Challenge
"Cotton Ball" Challenge



An egg beat out Kylie Jenner for the most-liked photo on Instagram and now has nearly 54 million likes (and counting!).



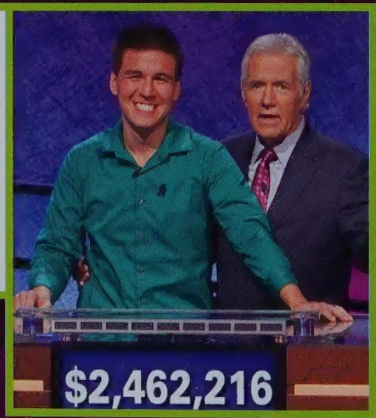
Swedish teenager Greta Thunberg was named Time magazine's Person of the Year for 2019.

Popeye's sold out of their chicken sandwiches nationwide after selling through a batch in 2 weeks.

Ali Stroker made history by becoming th actor in a wheelchair to win a Tony Award.

Not in Jeopardy!

"Jeopardy!" contestant James Holzhauer won more than $2 million over a 32-game winning streak that ended in June. Holzhauer just missed breaking the all-time regular-season "Jeopardy!" earnings record.



Take the Wheel!

Vanna White, who's been a staple on "Wheel of Fortune" for 37 years, stepped in to host the long-running game show for the first time, as host Pat Sajak underwent emergency surgery.

Year In POP CULTURE

Still Friends!

Jennifer Aniston joined Instagram and made her debut with an adorable group selfie featuring the cast of Friends — she set a new Guinness World Record: the fastest time to reach 1 million followers, at just five hours and 16 minutes!

Most Followed on Instagram

Cristiano Ronaldo - 150 Million
Selena Gomez - 144 Million
Ariana Grande - 142 Million
Dwayne 'The Rock' Johnson - 127 Million
Kim Kardashian - 124 Million

Most Watched Videos on TikTok

1. @guinnessworldrecords most coconuts smashed with one hand in one minute
2. @jasonmoments - Did she just?
3. @arshsoni10 - vanishing coffee
4. @livcookefs - she's got the moves
5. @officialjefo - dance for a doughnut

ce Harry & Meghan Markle announced the of their son Archie Harrison-Mountbatten Windsor on May 6.

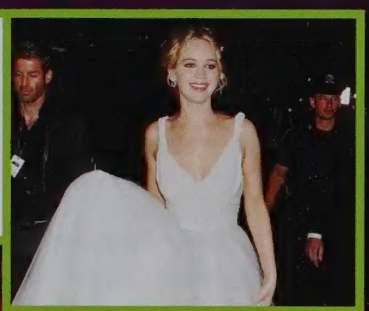
At 21, Kylie Jenner Becomes the youngest self-made billionaire ever thanks to Kylie Cosmetics.

Disney's new streaming service, Disney+, launched in November 2019 with some technical issues.

Jennifer Lopez is engaged to former baseball star Alex Rodriguez after two years of dating.

Most Searched Weddings

1. Miranda Lambert
2. Jennifer Lawrence
3. Justin Bieber
4. Miley Cyrus
5. Chiquis Rivera



Most Searched Babies

1. Baby Yoda
2. Baby Shark
3. Royal baby
4. Kim Kardashian Kanye West baby
5. Cardi B baby

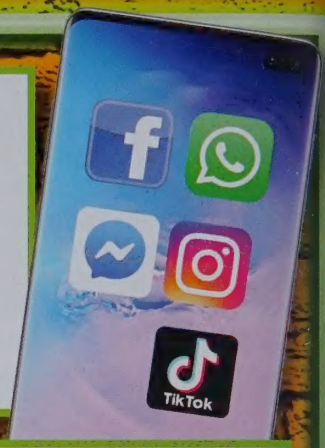
Year In POP CULTURE

Top Apple Apps of 2019

1. YouTube: Watch, Listen, Stream
2. Instagram
3. Snapchat
4. TikTok - Make Your Day
5. Facebook Messenger

Top Google Play Apps of 2019

1. Facebook
2. WhatsApp Messenger
3. Facebook Messenger
4. Instagram
5. TikTok - Make Your Day



Most Popular Video Games

1. Call of Duty
2. Grand Theft Auto
3. Fortnite
4. Super Smash Bros.
5. Pokémon GO

Most-Watched Games on Twitch

1. Fortnite
2. League of Legends
3. Grand Theft Auto
4. Dota 2
5. Counter Strike:GO

Time magazine named the plant-based Impossible Burger 2.0 one of the best 100 inventions of 2019.

Bose released sunglasses with built-in speakers for music playback and a microphone for hands-free calling.

Apps like DoorDash, Uber Eats & Grubhub allowed us to order from restaurants that do not offer a delivery service.

The Samsung Galaxy Fold was one of the folding phones to released in 2019. It unfolds to a 7.3 inch display.

Most Searched Fashion Styles

1. Camp style
2. Egirl style
3. Eboy style
4. Steampunk style
5. Harajuku style

Most Searched Recipes

1. Shepherd's pie
2. Chicken parmigiana
3. Ham glaze
4. Charoset
5. Snickerdoodle cookies

Year In TECH & TRENDS

"Education Is The Passport To Future, For Tomorrow Belongs To Those Who Prepare For It Today."

- Malcolm X

800-964-5908
one
STOPGRAD